The Narcissist on Instagram: Epigrams and Observations The Fourth Book

by

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The book is based on interviews since 1996 with 2000 people diagnosed with

Narcissistic and Antisocial Personality Disorders (narcissists and psychopaths)

and with thousands of family members, friends, therapists, and colleagues.

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Scams
Scandals
And
Scoundrels

16.

Return

Men,
Women,
Gender Wars

70.

Multiple studies have shown that both men and women miss the overwhelming majority of flirting cues and behaviors. Men flirt to score (have sex), women flirt in order to feel connected, have fun, and reaffirm their desirability.

Styles of courting and flirting prefigure the type and quality of the ensuing sex: direct and transactional flirting indicates brutal and self-interested copulation.

Subtle though unambiguous flirting, especially one based on a fantasy or fairy narrative (fabulous) is creative, imaginative, indirect, and puts the woman at the centre as a damsel in distress, diva, goddess, or princess. Women use two bits of data to proceed to sex: 1. Is he nice and kind to me and 2. Does he find me irresistible. Contrary to myths online, everything else matters very little.

Such complex flirting guarantees orgasm: women react to clitoral stimulation, role play, fantasies, and dirty talk much more than to thrust, Sturm und Drang. Diplomacy wins in the sack with women, not a military campaign.

Schizoids and some types of narcissists (sadistic, for example) find flirting and courting excruciatingly boring, wasteful, and off-putting chores. They are auto-erotic and merely wish to use the woman's body to masturbate with.

71.

Alpha males are self-confident, empathic, team players, negotiators, and motivators. They induce harmony and integrate feminine and masculine traits and skills. The exact opposite of the nonsense sold to the gullible by con artist dating and business "coaches" or within the intellectually challenged misogynistic Neanderthals of the Manosphere.

Alpha males are not born, and they don't achieve their position based purely on size and temperament. The primate alpha male is a much more complex and responsible being than a bully.

Merciless tyrants do sometimes rise to the top in a chimpanzee community, but the more typical alphas that I have known were quite the opposite. Males in this position are not necessarily the biggest, strongest, meanest ones around, since they often reach the top with the assistance of others. In fact, the smallest male may become alpha if he has the right supporters. Most alpha males protect the underdog, keep the peace, and reassure those who are distressed. Analyzing all instances in which one individual hugs another who has lost a fight, we found that although females generally console others more often than do males, there is one striking exception: the alpha male. This male acts as the healer-in-chief, comforting others in agony more than anyone else in the community. As soon as a fight erupts among its members, everyone turns to him to see how he is going to handle it. He is the final arbiter, intent on restoring harmony. He will impressively stand between screaming parties, with his arms raised, until things calm down."

Mama's Last Hug by Frans de Waal, W.W. Norton & Company, 2019

72.

Some spouses elect to have extramarital affairs, deceive their partners, and remain in a marriage devoid of love, intimacy, or, often, sex. Why would any person in his right mind make such a self-defeating and demoralizing choice? Why not abandon ship altogether? Why eat the stale and putrid cake and still have it?

In order of frequency and import:

1. Money: the most recurring and crucial reason. Financial security and prosperity trump all other considerations. Driven by fear, insecurities, and sheer avarice, people sacrifice their individuality, identity, morality, values, their children's mental or physical health as well as their own, and their happiness.

2. Pity, compassion, and care for the partner. This is especially common in couples where one of the partners is parentified. Divorce feels like abandoning a helpless, hurting child.

3. Shared memories and common history. The attachment and bonding are displaced into a counterfactual and fantastic sentimental form of nostalgia. It renders the couple "sticky".

4. The children's interests and welfare come last and are rarely a truly decisive part of the calculus of pros and cons. Parents deceive themselves into believing that their kids are the reasons they are not divorcing when the true, profound motives are the above.

5. Cultural and social mores. In some societies and cultures, divorce is still frowned upon and stigmatized. It also carries inordinate costs (such as losing access to the children and the share in the community property).

6. Peer and family pressures and expectations, including the influence of pastors, therapists, judges, and friends who advocate against the dissolution of the dyad.

Pathological demand avoidance in the bargaining phase of the shared fantasy explains why narcissists cheat (commit adultery, infidelity, have extramarital affairs).

73.

Why do people seek partners - sexual and romantic - from "out groups" (other religions, races, ethnicities, and minority groups, not their own)?

More about victimhood state of mind:
https://www.youtube.com/watch?v=LIfTn7x6tzk&list=PLsh_y_ett4o3B44ProV_XB05Cd2MjvWxX

Sex drive is autoerotic. Object relations redirect it. When we are atomized, we regress to being autoerotic in a schizoid state.

Generational gap in psychology studies

Gender vertigo: women – especially VICTIMS of abuse – more psychopathic and narcissistic. Confuse assertiveness with aggression. Emulate psychopathic men.

Bodies in public domain (sexting, cams, digital forever, not perceived as sex so digital promiscuity)

21% of all couples in the USA are sexless (fuck fewer than 10 times a year). The real figure is probably much higher.

Among people under age 35, the situation is unmitigated disaster.

5 years without sex is very very common. Many go 10 years without sex

A sizable proportion of the population gave up on sex - and relationships! – altogether. People gave up on all types of connection, not only sex.Gender Reversal example: "men have started to withhold sex as an act of protesting , traditionally a feminine move" (P. S. Dupont)

Men just talk with women. They flee at the first sign of assertive sexual advances.

Men are terrified of sex because they perceive women as judgmental, aggressive, defiant, and psychopathic - or “insane” (dysregulated, labile) and bitter.

And men are right: women have become a lot more antisocial and man-haters. The change in gender roles (women stronger, more independent) turned men off completely.

The abyss between the genders is hopelessly unbridgeable, in my opinions.

Misogynists like Muslims and Italians are reaping the rewards, ironically.

Today, to find a willing sex partner is like winning the lottery. People lose it when they finally come across someone who actually likes to have sex: they cheat on their spouses, degrade themselves as subs, do anything, even in casual sex. Things have never been worse.Heterophily low, so the potential for conflict is high.

Members of out groups like to mate with white women as a form of payback and a way of humiliating “white whores”. Hangover from colonialism (post-colonialism).

Interracial porn and cuckoldry

As far as male members of the out-groups, white women are whorish but status symbol, have arrived, belonging and acceptance.

Exogamy rare (interracial couples) result extended or virtual singlehood.

74.

Here are four types of breakups/divorces:

1. Honest

The initiating party clarifies her motivations and plans, packs her things, divides the community property, and is gone for good. No lingering, procrastination, or stalking.

2. Cheating

The initiating party cheats on her partner or betrays him ostentatiously, forcing him to be the one to take action and dissolve the couple.

3. Dissonant gold-digger

The initiating party is addicted to the money, material goods, and freedoms that the otherwise dead relationship affords. This creates in her a cognitive dissonance (“I am a good, authentic person, not an exploitative abuser!”)

To resolve the dissonance, she convinces herself that her partner needs her and would suffer grievously if she were to leave. If she cheats on him in order to satisfy her unmet needs, she lies and

deceives him (“what he doesn’t know won’t hurt him”).

4. Overt or proud gold-digger

This partner breaks up only when the money runs dry. She is open about what drives her and about the transactional nature of her relationships.

75.

Studies repeatedly demonstrate a very disturbing truth: men are predatory sexual opportunists, regardless of their age.

Given the chance, large majorities of men will not think twice about sleeping with underage girls, as young as 10 years old; with women who are intoxicated or stoned to the point of being unable to walk or talk and who slip in and out of consciousness; with evidently mentally ill women; and with women in the throes of a severe emotional crisis (sobbing).

These data support the belief that men are essentially autoerotic (masturbate with the partner’s body).

The mass media and show business - run by men - collude to encourage these forms of egregious misconduct by sexualizing the young, objectifying women, and glamorizing the “irresistible male”.

Laws on rape, sexual harassment, and statutory rape are dead letter as the victims are actively discouraged and bullied even by law enforcement and as prosecutors are extremely reluctant to take on cases.

Finally: women themselves contribute by minimizing and reframing inappropriate behaviors in order to restore a sense of control. They say: “I may have been a minor, but I initiated the sex”, or “I felt grateful to him just for bring there to prop me up when I couldn’t walk” or “He will never see me again” (as if it were some sort of punishment).

A majority of women continue to interact and even bed their sexual abusers even when they had realized the abusive nature of the sex.

76.

Everyone advises that falling in love with broken, damaged people is self-destructive: they are bound to hurt you and traumatize you for life. Ruination awaits in such an affair of the heart.

But this blanket advice is often wrong and self-defeating.

The corresponding pathologies of the members of a couple can either cancel each other out, bringing a sense of safety, anxiety reduction, and even healing - or they amplify each other, exacerbating the underlying conditions of everyone involved.

The shattered are much more open and vulnerable: their “innards” are on full display. They are skinless and defenseless.

But exactly this susceptibility renders the interactions and emotions in such relationships both deeper and more intense.

Loving the mentally ill is an exasperating technicolor wild ride - not the black and white tones of healthy boundaries.

The hurt and the traumatized know each other’s lingering volcanic agony intimately, better than any

outsider can. The same way alcoholics sponsor their kith and kind in AA 12 step programs, the broken see each other through the howling miasmas of their souls.

It is a gamble with one's life and sanity. Yet, so many take it because loving such the wounded is the most selfless act there is and a hyperdrive of personal growth even through adversity.

Such tortured relationships go south when we want our partner either to wound us further (affirm our victim status) - or we expect them to "fix" us.

77.

The typical emancipated Western woman had gradually transmogrified into an imitative rendition of a somewhat psychopathic man.

Men are reacting to this gender vertigo by adhering to either of the equally dysfunctional camps of toxic, misogynistic, or opportunistic masculinity and complete withdrawal.

Studies have uncovered the "stalled revolution": women are increasingly describing themselves in hitherto traditional masculine terms and are adopting behaviors and traits that were once of the preserve of stereotypical macho men.

Many women in the West are aggressively defiant with their docile intimate partners, but at the same time totally sexually self-trashing and submissive with abusive, disrespectful strangers (usually when they also abuse substances).

These women give to predatory strangers freely what they adamantly deny to their mates, sexually and emotionally.

This bizarre duality is part of the power play in the intimacy war zones that such women call "relationships" where the conflict between the genders is unfolding in full force.

78.

Where have all the women gone?

Why men are withdrawing and giving up on women?

79.

Men and Women make each other

To act like a man - to BE a man - one needs to have the right woman next to him. In the absence of such a woman, one is merely a MALE, not a MAN.

To act like a woman - to BE a woman - one needs to have the right man by her side. In the absence of such a man, one is merely a FEMALE, not a WOMAN.

80.

We are becoming Unigender: men and women are rendered indistinguishable. Was this intentionally engineered?

81.

In a long-distance relationship (LDR), it is easy to get frustrated. Give your prospective partner a chance.

When people meet, unexpected things happen and firm decisions, boundaries, and expectations become much less firm - or are even reversed.

Impatience and headstrong power plays never pay.

Wisdom consists of biding your time, delayed gratification, persistence, and charming your opponent into submission.

Regrettably, men had become sex diggers and women - gold diggers. Traumatized by past liaisons, both genders avoid getting emotionally involved and shun intimacy.

LDRs allow the parties to modulate the pace, regulate their exposure, and bake in safeguards and circuit-breakers.

82.

When it comes to narcissists and borderlines, online "info" by "experts" is a caricature that has little to do with the current state of knowledge. Listen to this talk with Ruan de Witt to get your facts straights and your hype gone.

83.

The "stalled revolution" is the label given in scholarly literature to the upheaval in gender roles and sexual scripts in the past 50 years: women perceive themselves as increasingly more masculine while men are still denying their feminine sides (such as emotions, affect, empathy, attachment, and so on).

This asymmetrical sea change gave rise to two consequences:

1. Women are far better equipped to deal with the exigencies and challenges of the modern world and are gaining substantial advantages over men in education and in a growing number of professions;

2. Technologies like social media and the contraceptive pill on the one hand and IVF on the other hand have rendered women utterly self-sufficient and independent of men. Many of them eschew men and even sex altogether.

Men are reacting to these transformations with an admixture of exhilaration at the prospect of free sex - and resentment and fear as women are taking over. Many of them withdraw and shun women and even sex altogether.

84.

Men are on their way out. Women are taking over. But, we, men, are still here and we miss you, women. Please, come back to us!

85.

Habitual cheaters are masters of evasion and obfuscation. Two of their favorite self-justifying refrains:

1. "The relationship had been already dead when I cheated".

Relationships can be either on or off, nothing else. As long as a dyad is on, it is very much alive.

Behaving as if the relationship were off when it is actually on is deception and betrayal at their ugliest and most extreme. Doing it time and again is highly narcissistic and borders on psychopathy.

2. “The relationship was sexless, I wasn’t getting what I needed, so I cheated”.

In the majority of cases, this is a lie: the other partner is attempting to have sex, or the sex is merely unsatisfactory. In many cases, the cheaters are the ones who undermine the sex with passive-aggressive behaviors or by rejecting the partner.

Only in a vanishingly minuscule number of instances, known as “sex aversion”, is sex utterly absent.

Even then, the only right thing to do is to negotiate an open relationship and, failing that, walk away.

86.

Men are pathetic. Men are on their way out. Women are taking over. Men are resentful but resigned to their own fate: they withdraw, emotionally and even sexually.

CHARGE SHEET AGAINST MEN. Men are ...

Uneducated, underachievers, underemployed, resentful, sulking, atomized losers and failures, defeated by life, throw in the towel defeatism

Effeminate, threatened, and confused: gender vertigo, sexual scripts, stalled revolution, competition

Conspiracist Misogynistic (MGTOW, incels, redpillers, but also mainstream, someone like Jordan Peterson (soft misogyny)

Hyposexual or asexual (watch youth sexlessness video): dating down, video games up, porn addiction impacts sexual practices and objectification of females, reducing them to body parts and slaves to be degraded (Lisa Wade)

Immature, narcissistic, Peter Pan syndrome (Twenge studies)

Children of divorce and single parenting: want to avoid the same traumatizing mistakes but also give up without a fight, intimacy aversion and intimacy anorexia, open relationships

Abusive

Predatory (hookups in parties, clubs, dating apps)

Parasitic, exploitative: boomerang children study longer, live with parents well into their thirties

Irresponsible, unreliable, entitled

Non-committed

Carpe diem, reckless, defiant, impulsive, feel immune to the consequences of their actions (everything is simulation, reality TV)

Addictions

No relationship, social, or intimacy skills: a pandemic of autistic deficiencies

Virtue signaling within mass victimhood movements, not in one on one interactions.

87.

The ancient institution of monogamous marriage is ill-suited to the exigencies of modern Western civilization.

People of both genders live and work longer (which renders sexual exclusivity impracticable); travel far and away frequently; and are exposed to tempting romantic alternatives via social networking and in various workplace and social settings.

As leisure time increases and physical survival is all but effortlessly guaranteed, recreation takes precedence over procreation.

88.

Women have never been less empowered sexually than nowadays. As sexual scripts and gender roles crumbled ("gender vertigo"), they had been replaced exclusively by male stereotypes of women as sluts. Work by Lisa Wade and Kerry Cohen, among many others, supports this counterintuitive claim as does the explosive growth of female-objectifying pornography.

Rather than resist this typecasting, women have conformed: they post online self-porn to dozens of leering men; sleep around promiscuously, often inebriated; hook up; and subject themselves to multifarious degradations by individual men and sometimes by groups of predatory males. The male gaze came to define women more than ever ("stalled revolution").

To resolve the inevitable cognitive dissonance that such abject submission creates, women had convinced themselves that they are agentic, endowed with choice and decision-making powers, and actually enjoy what they are made to do in order to conform to male expectations and to garner male attention: "I am a proud slut".

89.

Inter-gender relations have rarely been worse. This is the sad outcome of several accelerated social trends:

1. Invulnerability signalling

Both genders signal to each other that they are autonomous, goal oriented, unemotional, uninvolved, and totally self-sufficient.

2. Gender vertigo

The abolition of gender roles and sexual scripts engendered ubiquitous confusion with regards to appropriate behaviors and codes of conduct. Each relationship and institution has to be negotiated from scratch in every instance and this results in destructive and depleting friction and eventual atomization.

3. Stalled revolution

Both men and women now regard themselves in erstwhile masculine terms ("unigender"). Both have become breadwinners. Women have surpassed men in many realms.

Politically correct and woke groups and media revel in this uniformity. One inane example: mainstream media have recently resorted to the moronic phrase "pregnant people".

4. Fluidity

Both biological sex and socio-culturally determined genders are now up for grabs and subject to alteration.

5. Defiant agency

Agency and self-efficacy are gradually being infused with aggression and transmogrified into in your face assertiveness and reckless defiance. This attitudinal change has permeated the inter-gender dialog and displaced more benign discourses.

6. Enshrined double standard

Women conform to male stereotypes of sexually emancipated females ("sluts"). Their claims of empowerment are belied by their introjection of the male chauvinistic double standard and by rampant sexual self-trashing and self-harming behaviors. This duality - self-denial and self-deception - is driving the genders apart. Men and women are giving up on each other in droves and for good.

Grannon and Vaknin ask themselves: whatever happened to women?

90.

I always prided myself on shunning the double standard when it comes to men and women. I apply the same rigorous criteria to the sexual choices and acts of both genders.

But what I have conveniently overlooked are my emotional reactions.

Take sexual self-trashing, for example. I consider it a form of egregious self-harming in both males and females. I am revolted and horrified and saddened in both cases.

But I tend to exert harsh moral judgment only on women. Men are exempt, somehow.

I feel that women who self-trash are not only mentally disordered and unboundaried (like their male counterparts) - they are also immoral and condemnable sluts. The woman invites the man in, she is the failed guardian of virtue.

So much for my impartiality.

Still, while I am wrong to judge sexual self-trashing, I am justified in warning against its well documented long-term adverse mental health outcomes for BOTH GENDERS.

91.

Put together Western men in a female-free zone and they sound like the worst patriarchal, chauvinistic, even misogynistic tribe.

But, as distinct from their third world counterparts, they lie to women about how they truly feel.

Decades of politically correct indoctrination, social activism, victimhood movements, wokeism, and militant feminism conditioned Western males to feign equanimity in the face of rampant female promiscuity and exhibitionism.

In public and when among women, Western men seem unfazed by feminine acts that not long ago would have passed for dissolute egregious prostitution.

But when huddled defensively together, away from any prying woman, these very ostentatiously progressive-liberal men call a slut a slut and volubly hold these women in unmitigated and utter contempt.

This doublespeak is the new double standard.

"Modern" men are delighted to avail themselves of loose and wasted women and then dump them unceremoniously as so much trash.

But the same men would not dream of having a relationship with women of ill repute: a gangbanger, a habitual drunk one night stander, or a live cam self-pornographer. And they disseminate the names of these women as easy lays wherever they go.

Plus ca change.

92.

Women are defining themselves in what used to be exclusive masculine terms and are rejecting all feminine aspects and descriptors.

This “stalled revolution”, as it is called in the scholarly literature, is exploding among the younger generations where gender roles have been effectively abolished, leading to an androgynous unigender state.

One more piece of evidence from a series of studies by researchers at the University of Minessota: men are now seeking love and a long-term connection prior to having sex (even a one night stand) - women are the ones who reject them and walk away.

From Time magazine, February 14, 2019:

“… (S)tudies have shown that men usually say I love you in a relationship before women do, and prefer to hear it before they have sex. Women are more circumspect, preferring to hear it said after the couple first has sex”.

93.

Patriarchy: without consultation or voice, taxation without representation, subjugation, occasional horrific abuse, stunted growth, no self-actualization, sexual assault impunity (MeToo).

Women woke up and realized that most relationships with men are abusive.

Women adopted the abuser’s POV, male stereotypes.

Men are betraying women, coerce them into casual sex and then abandon them.

Everyone more narcissistic and psychopathic, men and women: tide that lifts all boats. But women regard their newfound narcissism as empowering ideology which legitimizes and contextualizes all misdeeds.

Men have to adapt to a Female Age, but so do women.

Equality is not identity: homogeneity (unigender, only fluid sex) leads to entropy and death (no relationships, we need children, no intimacy skills)

Counterfactual claims and myths in an age of truthism: no one is happy

Invulnerability signalling: autonomous, agentic, goal-oriented, unemotional, uninvolved, self-sufficient

Gender vertigo

Abolished gender roles, sexual scripts
Confusion as to appropriate behavior (codes of conduct)

Stalled revolution

Masculine unigender
Women as breadwinners, surpass men
PC media revel in uniformity ("pregnant people")
Women are defining themselves in what used to be exclusive masculine terms and are rejecting all feminine aspects and descriptors.

Fluidity

Biological sex and socio-cultural gender

Defiance

Attitudinal shift from agency and self-efficacy to aggressive assertiveness replaced benign constructive discourse and inter-gender dialog

Refugees of abusive relationships and divorces: animosity, bitterness, hypervigilance, hatred, withdrawal, insecure avoidant attachment

Enshrined double standard

Women conform to male stereotypes of sexually emancipated "sluts".

Claims of empowerment belied by introjection of male chauvinistic double standard, rampant discontent, and substance abuse.

94.

To be a sexually boundaried and principled woman nowadays is considered a shameful pathology. In the past, casual sex was optional, a choice - today it is the norm.

Women have always been the guardians of the status quo by internalizing male values, expectations and stereotypes.

Ironically, feminism fed into this traditional role, rendering women less empowered and more heartbroken and disillusioned than ever in their personal lives.

Women sought and attained equity and equality. Men had reacted by abandoning them en masse and by abrogating any commitment or investment. Both parties largely gave up on intimacy and relationships.

With men all but gone, women are attempting to become the new men ("stalled revolution").

As newly converted zealous caricatured men, women are acting out male stereotypes, sexual scripts, and gender roles as the pillars of their newly defined femininity ("the self-objectifying slut in tank top, make up, and high heels").

In a sad twist: to be an emancipated, empowered, modern woman is to give men what they had always dreamt of: no strings attached sex with an unboundaried partner.

Vociferous protestations aside, studies conclusively show that women had also assimilated the male double standard: they are conflicted about their conduct and secretly crave more in most instances of casual sex.

To resolve the cognitive dissonance that this lamentable state of affairs had created, women pretend to be agentic and carefree when in reality they are drunk and devastated in most of these encounters (Orenstein, Wade, Cohen, Armstrong, among many others).

Men take advantage on this self-inflicted injury: they are aggressive about demanding immediate sex and offer nothing in return.

Women end up with the worse of both worlds: they are being held responsible the way men are - but are suffering "slut shaming", the double standard, and harassment as women always had.

Men manipulate women by falsely publicly supporting this transformation while privately still shaming them.

Western men especially lie and pretend to be tolerant of female unbridled sexuality in order to perpetuate these dysfunctional and self-defeating female behaviors.

The double standard is deplorable – but it is a fact. To ignore it is delusional, self-deceiving, and costly in terms of relationships prospects and reputation. The way to overcome it is not to outman men – but to teach men to be more considerate, compassionate, and respectful.

95.

That latter day feminism is an ideological cult is confirmed by the demented responses I have been receiving. So, here are my ripostes:

1. Hookups are not rendering women equal to men: in all formats of casual sex, women are 10 times more likely than men to be sexually assaulted, half as likely to orgasm, and give way more oral sex than they receive.

2. Both men and women are unable to transition from the hookup culture to dating and to intimate relationships.

They endure a string of failed liaisons and, having been burned repeatedly, about half of them end up being lifelong largely celibate singles. At least one quarter develop anxiety disorders, depression, and substance abuse disorders.

3. Ultimately, to avoid ineluctable hurt and heartbreak, the refugees of the hookup culture either opt for a life of drunken promiscuity (emotionless and meaningless sex) - or total phobic abstinence and sex aversion.

Fallaciously, feminism casts these two dysfunctional behavioral patterns in terms of "female empowerment".

4. Studies and learning feature in less than half of college advertising and promotional materials. Fun is the keyword and it is clearly equated with sex. Hookups are a marketing tool intended to intoxicate the youth with the promise of unbridled “freedom” and loose women as a lure.

96.

Women are postponing having a committed relationship (such as marriage) until they are in their early 30s. They focus on their careers instead and cherish their freedom to make all manner of choices.

In the meantime, these young women avoid intimacy and emotions as they sleep around with strangers or with friends with benefits.

But then, by the time they decide to team up with an intimate partner, about half of these women discover to their horror that it is way too late.

They end up as embittered and misandrist lifelong singles. The other half cycle through a series of disastrous liaisons.

The rate of infidelity has more than doubled as women thrash about in growing panic in search of male alternatives while betraying their nominal mates.

Why this predicament? For three reasons:

1. Men prefer no strings attached sex with the crops of much younger women who flood the sexual marketplace every year;

2. The double standard is still alive and kicking. Western men lie to women when they pretend that it is a thing of the past. No one wants to team up for life with a slut, her reputation irreparably tarnished by years of unbridled “whoring”; and

3. After decades of meaningless sex, reduced affect. and zero intimacy, very few women (and men) constitute relationship material. They lack the most basic relevant skills or practice.

Men are going their own way: they reject any commitment or investment as they prey on the hordes of sexually available females.

When they grow old, some men marry conservative and submissive women, including gold-diggers imported from overseas.

Some Feminists claim that hookup culture led to positive outcomes: most young people still want to get married, teenagers today are far less likely than their parents were to have sex or get pregnant.

But these “accomplishments” are illusory: most young people fail to get married or even form long-term relationships. And the young are so turned off by casual sex that, according to Pew Center, a whopping 38% of them end up adopting solitude and celibacy as the default lifestyle.

97.

Sex has always been transactional: from time immemorial, women have been trading it for protection and provision.

Now, according to studies and interviews, they are swapping sex for free drinks and a place to crash when they are too hammered to return home.

This extreme cheapening and commoditization of sex engenders a cognitive dissonance which modern women resolve by reframing the sordid proceedings as a "liberating choice".

Both women and men nowadays decouple sex from emotions and meaning for an average period of 15 years.

This recurrent practice hardwires the association into their neuroplastic brains indelibly.

When they ardently want to change - they no longer can. Even in committed intimate and loving relationships, the sex is mechanical and impersonal.

When asked to link specific activities to intimacy, people under the age of 30 most frequently list "talking". Not one of them mentions sex!

Consequently, as they grow out of their casual sex days, they devolve into celibacy, a sexless relationship, or serial cheating.

98.

There are two periods in a Western woman's life when she is confronted with an overwhelming shortage of eligible men: during the college or university years - and when wants to transition from 15 years of casual sex or short-term liaisons to a long-term and committed intimate relationship, usually as she turns 30.

These imbalances in gender ratios disempower women and reduce them to abject and unboundaried sex slavery as the only way to secure a mate.

Naturally, men leverage this despair and refuse to commit or to invest even as they extort and coerce no strings attached one night stands from their reluctant "dates".

Ultimately, about two fifths of women remain lifelong singles, having missed the love train by focusing on their cherished careers instead.

Inundated by much younger entries, older women find it increasingly difficult to compete for male attention until they finally succumb and opt for celibacy, Netflix, and their pets.

99.

The alternative to old-fashioned relationships is not necessarily self-sufficient loneliness. There are other options.

True: not everyone is built to do full scale intimacy and cohabitation.

But extremely few people are really happy all by themselves, never mind how much they protest otherwise in order to resolve their embittering cognitive dissonance.

In her book "American Hookup", Lisa Wade quotes the historian Stephanie Coontz as she argues that "never in the history of humanity have so many different ways of loving been allowed". Example: LDR (long distance relationships).

In her essay "The World Historical Transformation of Marriage," Coontz writes:

"Almost any separate way of organizing caregiving, childrearing, residential arrangements, sexual interactions, or interpersonal redistribution of resources has been tried by some society at some point in time.

But the coexistence in one society of so many alternative ways of doing all of these different things—and the comparative legitimacy accorded to many of them—has never been seen before."

100.

Any social movement that acts as a cult and yields disastrous outcomes in terms of mental health, interpersonal functioning, and self-harming behaviors should be outlawed. I would start with feminism.

101.

Toxic masculinity is now the norm among women, as well as men. Coupled with unrestricted sociosexuality (fancy name for promiscuity), it is very common among dark triad personalities.

Surprisingly, though, this unsavory mix does not always automatically translate into infidelity. If the intimate partner is boundaried and committed to the relationship, the risk is no higher than average.

The problem is that few people bearing this psychological profile are either.

They tend to bail out and cheat with the first sign of serious difficulties and, accustomed to meaningless and unemotional sex, they hold a more permissive and dismissive view of extramarital casual encounters.

Consequently, most of them are serial cheaters.

I can't emphasize enough how important it is to get fully informed regarding the relationship and sexual histories of a potential intimate partner. Past misbehavior is an infallible predictor of future misbehavior, period.

102.

In aggregate, women are now earning more than men, are way more educated, had monopolized certain critical professions, and prefer their careers to any man for much longer than before.

About two fifths of women across the lifespan remain single for life and either go celibate or do casual sex (Pew Center). They are catching up with men when it comes to infidelity, narcissism, promiscuity, substance abuse, and antisocial behaviors.

Women are empowered in all fields of life bar one: sex and interpersonal relationships.

To attract men and keep them, women still self-objectify, groom and titivate themselves, go under the knife (plastic and cosmetic surgery), and succumb, inebriated, to the most degrading sexual demands of men, even total strangers in hookups or in group sex.

Sex and intimacy are men's Alamo: the last stand in an ever shrinking enclave of virility and erstwhile dominance, a vengeful throwback.

Men now exaggerate and caricature waning chauvinistic machoism as a way to punish uppity women for their inexorable ascendance and "put them in their place, reduce them to size".

Being sexually and emotionally abusive to women is men's way of restoring their challenged grandiose superiority. They are wielding the good old reliable double standard: slut shaming and pathologizing women as "not relationship material".

Women increasingly go their own way. Every year since 2016, a majority of women in the USA had avoided men altogether. Lesbianism has tripled in the past 20 years. Other parts of the world are following suit with alacrity.

103.

Derek Walcott: Love After Love (poem)

Micro-relationships: casual and stranger sex, including modern "dates" (glorified hookups)

Real relationships: vulnerability and hurt acceptance; dreams, goals, and planning - not fantasy; realistic perception of the partner, not idealization or devaluation;

Pseudo-relationships: shared fantasies

104.

Personal growth, self development, and healing crucially depend on vulnerability and the willingness to accept hurt and loss.

This is especially true in family settings and intimate relationships.

This is the age of pervasive distrust: of experts, of science, of the authorities, of the future, and of each other. Everyone is wary of being played. Every has a pet conspiracy theory.

Nowhere is the mistrust more profound than between men and women in all age groups, from all backgrounds, everywhere in the world.

Around 70% of men and women say that they deeply or somewhat distrust the opposite sex. The remainder totally or “somewhat” trust their counterparties.

Women complain that men are “feminine”: not committed or invested, weak, ineffectual, and craven. The vagaries of online dating served to augment this inauspicious view of men.

Men describe women as sexually unboundaried, prone to cheating and drunkenness, and cunning.

A whopping 16% of people under age 25 cheat in their relationships every year (compared to 2% per annum in the 1980s). Cheating had become a default casual sex behavior and is now intimately coupled with excessive drinking.

This supernova of infidelity is driven by empowered and financially independent women who no longer tolerate male abuse and bad or no sex in their primary dyads.

This abysmal mutual resentment and hypervigilance has dire outcomes: about one third of the surveyed in Pew Center studies are lifelong singles, another 15% are in between rapidfire pseudorelationships.

The marriage rate is at an all time low, having declined by 50% since 1990. Birth rates in industrial countries have plummeted and the populations in many nations are aging and declining at dizzying speeds.

Since 2016, aloneness is the new normal for the majority of men and women worldwide.

“Happy New Year” is beginning to sound like a morbid and very bad joke.

105.

Return

Narcissists,
Psychopaths,
And
Other Predators

507.

During the lovebombing or grooming phases, the narcissist is always the sagacious, omniscient, and perspicacious guru-father. The potential partner is merely a source of narcissistic supply, a fan, admirer, follower, or adulator, the narcissist's groupie, "patient", acolyte, and member of his personality cult.

Only when already in the shared fantasy, does the puerile child aspect of the narcissist predominate. This regressive infantilization is mildly schizoid in nature: the narcissist anticipates betrayal, loss, and abandonment and is effectively withdrawing as an adult. In his child role, he expects less of the relationship and, by provoking the maternal reflexes of his partner, forestalls or postpones the inevitable desertion.

At this stage of the shared fantasy, the emphasis shifts from narcissistic to schizoid supply: there is a sense of stability and safety, but no engagement, commitment, attachment, investment, or intimacy, including sexual. The partner is now the narcissist's playmate and newfound mother.

Sadistic supply manifests only in a shared fantasy and only with sadistic narcissists. Ironically, it is the only time the narcissist regards the partner as a woman. He derives misogynistic pleasure from demeaning, debasing, and despoiling her, also sexually.

Finally, a full schizoid stage sets in during the bargaining phase. The narcissist pushes his partner away and rejects her humiliatingly with extreme withdrawal, absence, and avoidance.

508.

Sputnik V, the Russian vaccine is 91.6% effective, enthused an article in Lancet. Based on what? Data provided wholly by the Russians. Yeah, right.

It reminds of the idiotic "diagnostic" "tests" which rely on the truthfulness of self-reporting by ... narcissists and psychopaths. The PCL-R corroborates their responses with intimidated family members and star-struck admirers. The NPI relies entirely on the narcissist's honesty.

The PCL-R is based on a structured interview and collateral data gathered from family, friends, and colleagues and from documents.

The questions comprising the structured interview are so transparent and self-evident that it is easy to lie one's way through the test and completely skew its results. Moreover, scoring by the diagnostician is highly subjective (which is why the DSM and the ICD stick to observable behaviours in their criteria for Antisocial or Dissocial Personality Disorder).

The hope is that information gathered outside the scope of the structured interview will serve to rectify such potential abuse, diagnostic bias, and manipulation by both testee and tester.

The PCL-R, in other words, relies on the truthfulness of responses provided by notorious liars (psychopaths) and on the biased memories of multiple witnesses, all of them close to the psychopath and with an axe to grind.

509.

Nothing is more hated by the narcissist than the sentence "I Love You". It provokes him to uncontrollable rage. Why is that?

a. The narcissist hates women virulently and vehemently. A misogynist, he identifies being loved with being possessed, encroached upon, shackled, transformed, reduced, exploited, weakened, engulfed, digested and excreted. To him love is a dangerous pursuit, fickle and labile. He believes in fear and hate as immutable, reliable motivations, not in love. He gets married only so as to secure the services of his "partner" as homemaker, audience, personal assistant, and companion. He, therefore, is rarely possessive and jealous: he doesn't care what she does, when, and with whom, as long as his needs and expectations are impeccably met. He avoids intimacy also because it demands reciprocity and, thus, a waste of his scarce and precious resources on the tedious chore of maintaining a relationship when all he wants is a business-like, contractual arrangement.

When a woman tries to pick up a narcissist, flirt with him, or court him, he is likely to react by subjecting her to humiliating and cool disdain (if he is a cerebral narcissist) or by dumping her after having sex with her (somatic narcissist). In both cases the abusive message is: you have no power over me because I am unique, omnipotent, not your typical run-of-the-mill sap; you are nothing to me but a pitiful parasite or an object to be violated. Your very approach and attempt to seduce me is proof of your imbecility, blindness, or maliciousness for how could you not have noticed that I am different and superior?

b. Being loved means being known intimately. The narcissist likes to think that he is so unique and deep that he can never be fathomed. The narcissist believes that he is above mere human understanding and empathy, that he is one of a kind (sui generis). To say to him "I love you", means to negate this feeling, to try to drag him to the lowest common denominator, to threaten his sense of uniqueness.

Continued: https://samvak.tripod.com/faq74.html

510.

The narcissist has either of three types of (non-)intimate (not) relationship with his (in)significant other:

1. As playmates, sex buddies, or casual collaborators: no shared fantasy, no drama, very businesslike (transactional), loads of fun til it's abruptly over or peters out;

2. Companionship shared fantasy: grooming as an admirer/fan and occasional sex partner or sexless service provider (but without lovebombing or honeymoon). A very stable and resilient bond that can last a lifetime;

3. Romantic shared fantasy (usually with labile, dysregulated, promiscuous, approach-avoidant women and imminent abandonment). Involves both grooming and lovebombing (honeymoon phase), lots of sex (often kinky or sadistic), drama, near-psychotic levels of fantasy, and a rollercoaster of idealization and devaluation. Ends with narcissistic mortification.

511,

As the inimitable Hervey Cleckley had observed in 1942, psychopaths (and narcissists) reject life itself. Their nihilistic acts of self-destruction are driven by a proud ideology of defiance, contumaciousness, and reactance. Their self-defeat signals their profound contempt for others, for authority, society, and for everything that everyone hold dear.

Narcissists and psychopaths consider themselves superior, unique, and, therefore entitled.

They disdain mediocrity and sheeple reflexes to obey, trust, and follow. They are contrarians: they act against all norms, subvert all expectations, and reject all the attributes of civilized co-existence and collaboration.

They smugly and ostentatiously trample upon the rewards, incentives, and inducements that reality has to offer (love, family, career, safety, reason).

When they do pursue anything that is deemed conformant and sublimated (socially acceptable), they take great care to do it their way: in the most extravagant, antisocial, reckless, callous, ruthless, merciless, and shocking manner.

They consider being hated and feared a badge of honor. They strive to be an enigma to the great unwashed teeming masses: being widely misunderstood is the coveted pinnacle of their accomplishments.

What others consider a wasted, abandoned, sad life - they see as poking society's collective eye with a triumphant middle finger. They prevail by refusing to play the game and by aggressively upturning the social tables in everyone's temples. The devastation of their own lives is a statement of how little they value the lives and toils of others.

512.

Narcissists react with rage, envy, and possessiveness when they are abandoned or betrayed - but only when their locus of grandiosity is directly challenged and undermined in the process.

The cerebral narcissist is largely asexual. His grandiosity is vested in his spectacular intellect, not in his non-existent maturity or virility. He is, therefore, utterly indifferent to his intimate partner's affairs or sex hookups with other men (which, typically, he is fully apprised of) - unless they indicate imminent abandonment.

The cerebral couldn't care less when his wife, girlfriend, or lover is whiling night or even years with other - likely predatory - men: he is incapable of attachment, bonding, or love. He is not bound to his partner - but to the services that she affords him. As long as these are guaranteed, he is content with her frequent absences.

But when his partner gravitates towards another guru or father figure, he erupts with extreme jealousy and hurt. If he fails to reclaim her exclusive admiration and awe, he discards her.

Like his cerebral brethren, the somatic often maintains a sexless household with his insignificant other - but, unlike the cerebral, he expects her to remain sexually exclusive. He perceives her straying with other men as an implied criticism of his sexual prowess - the very core of his grandiosity.

The somatic doesn't mind when his spouse falls in love or is emotionally intimate with another man. Nor does he pay attention if she admires someone as intellectually superior or as a father figure. All he cares about is to make sure that she does not share her body and her sex with others. Having experienced his orgasmic pyrotechnics, she should be inured to the seductive allure of any and all other contestants.

513.

Shielded from reality by his grandiose view of himself as perfect and irresistibly desirable, the narcissist fails to realize how embarrassed people in his orbit are with his personality and misconduct.

If his intimate partner has daddy issues, she would feel ashamed being seen with a old man, often self-neglected and past his prime, if he ever had any.

If he is easy on the eyes and her peer, he tends to lack an operable neocortex.

If he is capable of thinking, he misses the curiosity needed to exercise this faculty.

If he is gregarious, he is obnoxious. When he is reclusive, he is abusive.

When he is smart, he is never wise.

When he is knowledgeable, he is asexual and incapable of any form of romance or attachment.

If he is into sex, he prefers porn and masturbation, even with his partners's bodies.

He ostentatiously oscillates between a jejune wimp and a macho caricature, convincingly in neither.

His jokes fall flat or excel in their brutality, his commentary inane or paranoid, his gestures overdone, his honesty sadistic, his succor rife with conditional toxicity, his assertiveness defiant and ill-times, his swagger cartoonish. A buffoon with regal airs.

People around him cringe in shocked amazement at his antics and wish they were somewhere else, or could bury their way into invisibility.

514.

Even when the cerebral narcissist is all by himself and a woman is fully available and keen on him, he is not interested or aroused when he is in the throes of a shared fantasy, including in a sexless or a fractious one.

He becomes promiscuous only in between shared fantasies.

It is not that he is loth to risk the shared fantasy by engaging in extradyadic sex: he simply becomes contentedly asexual when he is involved in one.

The incentive structure in the shared fantasy disables his sex drive: masturbation to porn is part substitute to real life sex and the disincentives are many and powerful:

1. Aversion to incest (the partner is a maternal figure);

2. Powerful sublimation: intellectual pursuits pleasure him way more than sex and the gratification is deeper and more enduring as his intellectual accomplishments - real or imagined - resonate with his grandiosity;

3. Indolent inertia: the prize of sex is not worth the price of having to endure a woman's carping and her tedious company;

4. Difficulty of finding a partner to his autoerotic, immature, often sadistic, kinky sex;

5. He feels safe within the shared fantasy, as long as there is no anticipated abandonment and no challenges to his grandiosity.

In contrast, the cerebral feels unsafe - paranoid, even - when he ventures out. He also foresees ineluctable hurt and mortification down the road in any new liaison and shared fantasy.

515.

Protracted dysphoria and anxiety reduce the urge to have sex (hyposexuality is actually one of the presenting signs of both). The cerebral narcissist's asexuality could well be the outcome of depression and anticipatory anxiety: he fully expects to be betrayed and abandoned once his partner had found out the truth about him.

It is as self-fulfilling prophecy: the very anticipated abandonment which he so fears and his concomitant hurt-aversion lead to his emotional and sexual withdrawal (avoidance) which inevitably results in the dreaded outcome: breakup and heartbreak.

516.

Are memories of trauma and abuse any different to other memories? Are they mostly real or mostly false? Can memories be truly repressed? How are they accessed and recalled late in life?

First part of third winter semester lecture to South Federal University, Rostov on Don, Russian Federation, and to the Psychology track in SIAS-CIAPS.

517.

Two types of recovered false memories:

1. Denying, altering, or minimizing personal involvement in and contribution to the abuse or the abuser's role or the abuse itself;

2. Recalling false incidents, typology, or pattern of abuse.

Double whammy of gaslighting and confabulation encourages disorientation, dissociation, and formation of false memories, some of them compensatory (confabulations).

CONFABULATION

Confabulation is a memory error defined as the production of fabricated, distorted, or misinterpreted memories about oneself or the world, without the conscious intention to deceive.

FALSE MEMORY

False memory refers to cases in which people remember events differently from the way they happened or, in the most dramatic case, remember events that never happened at all.

False memories can be very vivid and held with high confidence, and it can be difficult to convince someone that the memory in question is wrong.

Second part of third winter semester lecture to South Federal University, Rostov on Don, Russian Federation, and to the Psychology track in SIAS-CIAPS.

518.

As Eric Berne noted in the founding text of Transactional Analysis, human relationships are "games people play". There are two types of people who adamantly and proudly refuse to partake of such ludic exchanges: the narcissist and the psychopath.

When they would not play "sex" or "intimacy" or "family" with a woman, she resorts to other playmates. When they decline to play "business" or "friendship" with someone, the rejected parties revert to another partner. These ineluctable self-inflicted losses warp, thwart, and stunt the minds and the lives of narcissists and psychopaths. In his seminal survey of grandiose psychopathy, "The Mask of Sanity", Hervey Cleckley branded it a "rejection of life itself".

The only game the narcissist will participate in is "let us all pretend that this is for real": a delusional shared fantasy with limited longevity and guaranteed expiry. The psychopath's only concession to

human intercourse is a zero-sum "let's play my game: you give it all and I take everything you have and then some."

519.

Typology of Revenge

The need to seek revenge on wrong- and evil-doers is as ancient as Mankind. But people attempt to address their grievances in three ways:

1. Punitive-moralistic

The aim of this type of vengeance is to restore justice and, with it, the victim's view of the world as orderly, predictable, and causal. Perpetrators should be punished; victims should be soothed and elevated; and society should publicly acknowledge who is who and mete out opprobrium and succour respectively.

This type of revenge tends to devolve into an obsession (intrusive, uncontrolled thoughts) and compulsion (an irresistible urge to behave in a way that is sometimes inconsistent with one's values or even true wishes, or incommensurate with one's skills, needs, long-term interests, capabilities, or wherewithal.) It is unhealthy and, in the long-term, counterproductive as it taxes the victim's time and resources; adversely affects her other relationships; renders her dysfunctional; and, ultimately, consumes her.

2. Narcissistic

Vindictiveness is the narcissist's way of restoring his self-imputed grandiosity and of recuperating from a narcissistic injury. Having fallen prey to malfeasance or crime, the narcissist is proven to be gullible, ignorant, and helpless. This experience is humiliating and the circumstances of victimhood contrast sharply with the narcissist's inflated view of himself as omniscient, omnipotent, brilliant, shrewd, and perfect. Only by bringing the culprit to utter ruin does the narcissist regain his sense of self.

Ask yourself if your bruised ego is the main reason for your indignation and spite. If it is, try to separate the elements of your conduct that have to do with your justified grievance and those that revolve around your unhealthy narcissism. Avoid the latter and pursue the former.

3. Pragmatic-restorative

With this type of revenge, the victim merely wishes to restore her fortunes and reassert her rights – in other words: to revert the world to its erstwhile state by acting against her violator decisively and assertively.

Continue: https://samvak.tripod.com/faq75.html

520.

Your abuser "agrees" (is forced) to attend therapy. But are the sessions worth the effort? What is the success rate of various treatment modalities in modifying the abuser's conduct, let alone in "healing" or "curing" him? Is psychotherapy the panacea it is often made out to be – or a nostrum, as many victims of abuse claim? And why is it applied only after the fact – and not as a preventive measure?

Courts regularly send offenders to be treated as a condition for reducing their sentences. Yet, most of the programs are laughably short (between 6 to 32 weeks) and involve group therapy – which is useless with abusers who are also narcissists or psychopaths.

Rather than cure him, such workshops seek to "educate" and "reform" the culprit, often by introducing him to the victim's point of view. This is supposed to inculcate in the offender empathy and to rid the habitual batterer of the residues of patriarchal prejudice and control freakery. Abusers are encouraged to examine gender roles in modern society and, by implication, ask themselves if battering one's spouse was proof of virility.

Anger management – made famous by the eponymous film – is a relatively late newcomer, though currently it is all the rage. Offenders are taught to identify the hidden – and real – causes of their rage and learn techniques to control or channel it.

But batterers are not a homogeneous lot. Sending all of them to the same type of treatment is bound to end up in recidivism. Neither are judges qualified to decide whether a specific abuser requires treatment or can benefit from it. The variety is so great that it is safe to say that – although they share the same misbehavior patterns – no two abusers are alike.

Continued: https://samvak.tripod.com/abusefamily8.html

521.

Compensatory personal boundaries are rigid, hypervigilant, aggressive (often defiant), and excessive (disproportional). They are intended to compensate for the lack of enforced boundaries in any one or more other areas of life.

Thus, if an individual has no boundaries in his private life, acts as a people pleasing doormat, and is subject to all manner of disrespectful abuse by his "nearest" and "dearest" - he is likely to be a tyrant in the workplace, keen to spot transgressions and slights where there are none, acting entitled and temperamental, and insisting on perfection or unthinking obeisance to his every whim.

This implies the existence of a "law of conservation of personal boundaries". One's very identity depends on such fortified demarcations in at least one realm of one's being, functional existence, and day to day operations.

522.

How to Divorce a Narcissist or a Psychopath - click on the links (they apply to all types of relationships with narcissistic or psychopathic abusers of both genders):

http://vaksam.tripod.com/5.html

http://vaksam.tripod.com/abuse3.html

http://vaksam.tripod.com/abuse18.html

http://vaksam.tripod.com/abuse.html

http://vaksam.tripod.com/abusefamily.html

http://vaksam.tripod.com/faq1.html

523.

The Power Threat Meaning Framework is a new perspective on why people sometimes experience a whole range of forms of distress, confusion, fear, despair, and troubled or troubling behaviour. It is an alternative to the more traditional models based on psychiatric diagnosis.

Cold Therapy and Nothingness: False Self is organizing and explanatory principle and generator of meaning. By dismantling, the narcissist re-experiences his traumas and must try to make sense of them (construct a new narrative).

Viktor Frankl's Logotherapy is based on the premise that the human person is motivated by a "will to meaning," an inner pull to find a meaning in life. The following list of tenets represents basic principles of logotherapy:

1. Life has meaning under all circumstances, even the most miserable ones.
2. Our main motivation for living is our will to find meaning in life.
3. We have freedom to find meaning in what we do, and what we experience, or at least in the stand we take when faced with a situation of unchangeable suffering.

524.

Victims of prolonged abuse often introject (internalize) their abusers and convert them into permanent persecutory objects. Henceforth, they trauma bond with this inner tormenting voice even when the original bully is long out of their lives.

Victimhood becomes a cozy comfort zone and the victims is emotionally invested (cathected) in maintaining it pristine and operational. It becomes a determinant of the victim's identity and helps her to regulate her emotions and ameliorate her anxiety and mood lability.

Perpetual victimhood serves four indispensable psychological needs:

1. It restores a sense of agency and self-efficacy and reverts the locus of control from external to internal. Many victims garner attention and make money from their newly found "profession";

2. It makes sense of the victim's personal history and of the world around her thereby rendering them meaningful: structure, order, and even a sense of "karmic" justice are restored;

3. It legitimizes avoidant behaviors. The world out there is challenging and painful: shunning it guarantees tranquility and an inert peace of mind;

4. Victimhood allows the victim to indulge her grandiosity and sense of moral superiority: it paints her as immaculate, angelic, empathic, supportive, loving, caring, compassionate, and, in short, perfect, blesmishless, and blameless. It is a morality play or a crusade and she is the warrior angel fighting off the demonic narcissists.

Victimhood affords the victim membership in tight-knit communities of like-minded people and a sense of belonging and being finally understood, vindicated, and elevated. It is an intoxicating mix and victims become aggressive if and when you try to take it away from them by alerting them to their own imperfections and contributions to their sad state of affairs.

With one or two laudable exceptions, unscrupulous "coaches" and "experts" online seek to perpetuate this state of victimhood: telling your clients what they want to hear and what they are willing to pay for is good for business. The truth and healing have a negative effect on their burgeoning bottom lines.

525.

Two wrongs never make you right.

If you cheat on your cheating narcissist - you are still a cheater.

If you abuse your abuser - you are an abuser yourself.

If you behave like a psychopath - then you are one.

If you mirror evil - you become it.

Stare into the abyss and it will consume you whole.

Being a victim is not a license to join the ranks of your tormentors.

Beware of self-righteousness and moral superiority: they are paving stones on the path to hell.

526.

Important message: Victim - Do not Become Your Abuser!

Plus

In 1995, I coined the term “narcissistic abuse” and gave language and voice to its victims. Listen to the original article I had written back then.

Professional Victims - as distinct from healthy ones - tend to blame their childhood experiences for being eternal victims. Again, they are victims: this time, of their parents.

We must begin to accept that a victimhood stance is an integral part of a narcissistic identity: grandiose, entitled, and replete with alloplastic defenses (blaming others for your lot in life, bad choices, and failures).

Have happier, healthier, many more years to come. Stay hale and well and sane. Don't let yourself become that which you had feared the most.

527.

Women often rediscover their femininity having been rejected by a narcissistic abusive bully. Regrettably, many of them degenerate into promiscuity coupled with substance abuse and end up with other predators in compromising situations which sometimes end in sexual assault.

Women tend to internalize (introject) the abuser and merge with him, thus adopting his judgment that they are damaged goods, broken, crazy, and inadequate, a bad, unworthy object.

Their subsequent histrionic escapades are partly intended to vindicate this harsh and hopeless verdict and, in a way, bond with the abuser’s voice and keep him in their lives, albeit vicariously and symbolically.

By emulating the abuser, these women merge and fuse with him. They also self-trash and punish themselves for their bad judgment and bad lot in life by objectifying and cheapening themselves.

The more egregiously they misbehave, the closer they adhere to their abuser’s creed, the more likely they are to spiral and lapse into reckless and self-destructive behaviour patterns.

528.

In the film “The Nest”, Rory (Jude Law) is a narcissist and a con artist. Everything about him is fake and everyone sees right through him. His mother, wary of his abrupt reappearance after years of absence, refuses to visit and finally meet her 10-years old grandson. His business partners shun him, embarrassed by his tacky bragging and his breezy and reckless lack of attention to detail. His wife exposes him to his colleagues and clients and then proceeds to get drunk in a bar and probably have a one night stand. He lives way beyond his means. “I pretend to be rich”, he admits. His children parent him and distrust him profoundly. A taxi driver contemptuously evicts him from his vehicle, miles away from his home, having heard his confession: “You just told me that you are broke and a liar,” – he expostulates – “how do I know that you will pay the fare?”

Rory never learns from his recurrent downfalls or admits to wrongdoing, always fantasizes at others’ expense. To act decent is still to act and he prefers his personal thespian production to anything anyone – society, his wife, his boss, his colleague – has to tell him. He is defiant because he firmly believes that everyone fakes and only a few get caught. Why succumb to social mores and moral values? People who do are equally false. Being upright and righteous is their spiel – being Rory is his.

This is why and where therapy fails with narcissists: any modification of behavior is perceived as forced and pretended, as ersatz as any narcissistic tantrum and confabulation. Devoid of empathy and with his access to positive emotions blocked, the narcissist cannot accept any values or prescriptions or even advice from the outside. It is all a game anyhow – might as well rig the rules in my favor, he thinks to himself, smirking with disdain at the sheeple who can’t see through the façade of society and its levers of control.

529.

A good therapist is less interested in WHAT the client says and more in WHY she chooses to express herself via the specific narrative that she had selected (out of many which are equally possible and plausible).

The practitioner can learn about the client's resistances, defense mechanisms, cognitive deficits and biases, and emotional regulation from her speech acts and their contents.

Far more telling, relevant, and important are her choices, actions, repetitive patterns, and how she structures her life.

Often, the client belies, defies, and disagrees with what her personal history indisputably reveals about her. But such a defensive posture is to be expected - and ignored. This is one case when the client is rarely right, whether female or male.

530.

Everyone has a “shadow”: a dark side (with some positive elements) in the unconscious where all things uncomfortable, repressed, denied, and ego dystonic go.

Find your shadow and the shadows of people around you – even of institutions and collectives - in one (or more!) of these types.

531.

Inner dialog: be somebody+do something of your life.

Translation: Don’t be yourself and treat your life as raw material or a passive object.

Relative positioning (like social media): Anxiety, depression.

Introjects: voices (example: inner critic or superego which could be prosocial or sadistic).

Socialization and its agents (parents, role models, peers and their pressure to conform, institutions, mass media).

Map of Happiness.

Subject inner dialog to scrutiny as you would a scientific theory:

Attribution

Ego-syntony (not happiness!)

Fuzziness

To qualify as a "psychological" (both meaningful and instrumental) plot, the narrative, offered to the patient by the therapist, must be:

a. All-inclusive (anamnetic) – It must encompass, integrate and incorporate all the facts known about the protagonist.

b. Coherent – It must be chronological, structured and causal.

c. Consistent – Self-consistent (its subplots cannot contradict one another or go against the grain of the main plot) and consistent with the observed phenomena (both those related to the protagonist and those pertaining to the rest of the universe).

d. Logically compatible – It must not violate the laws of logic both internally (the plot must abide by some internally imposed logic) and externally (the Aristotelian logic which is applicable to the observable world).

e. Insightful (diagnostic) – It must inspire in the client a sense of awe and astonishment which is the result of seeing something familiar in a new light or the result of seeing a pattern emerging out of a big body of data. The insights must constitute the inevitable conclusion of the logic, the language, and of the unfolding of the plot.

f. Aesthetic – The plot must be both plausible and "right", beautiful, not cumbersome, not awkward, not discontinuous, smooth, parsimonious, simple, and so on.

g. Parsimonious – The plot must employ the minimum numbers of assumptions and entities in order to satisfy all the above conditions.

Continued https://samvak.tripod.com/psychoanalysis3.html

532.

The important elements of testability, verifiability, refutability, falsifiability, and repeatability – are all largely missing from psychological theories and plots. No experiment could be designed to test the statements within the plot, to establish their truth-value and, thus, to convert them to theorems or hypotheses in a theory.

There are four reasons to account for this inability to test and prove (or falsify) psychological theories:

1. Ethical – Experiments would have to be conducted, involving the patient and others. To achieve the

necessary result, the subjects will have to be ignorant of the reasons for the experiments and their aims. Sometimes even the very performance of an experiment will have to remain a secret (double blind experiments). Some experiments may involve unpleasant or even traumatic experiences. This is ethically unacceptable.

2. The Psychological Uncertainty Principle – The initial state of a human subject in an experiment is usually fully established. But both treatment and experimentation influence the subject and render this knowledge irrelevant. The very processes of measurement and observation influence the human subject and transform him or her - as do life's circumstances and vicissitudes.

3. Uniqueness – Psychological experiments are, therefore, bound to be unique, unrepeatable, cannot be replicated elsewhere and at other times even when they are conducted with the SAME subjects. This is because the subjects are never the same due to the aforementioned psychological uncertainty principle. Repeating the experiments with other subjects adversely affects the scientific value of the results.

4. The undergeneration of testable hypotheses – Psychology does not generate a sufficient number of hypotheses, which can be subjected to scientific testing. This has to do with the fabulous (=storytelling) nature of psychology. In a way, psychology has affinity with some private languages. It is a form of art and, as such, is self-sufficient and self-contained. If structural, internal constraints are met – a statement is deemed true even if it does not satisfy external scientific requirements.

533.

New study, “The Tendency for Interpersonal Victimhood: The Personality Construct and its Consequences”.

All narcissists are collapsed and suffer from the Impostor Syndrome

Problem of attribution: many internal objects used to be external. Confusion leads to narcissism or to psychosis.

The Typology of inner objects corresponds to Jungian archetypes:

Self as the authentic voice (in attribution)

Jung: "The shadow, the wise old man, the child, the mother ... and her counterpart, the maiden, and lastly the anima in man and the animus in woman".

Persecutor
Sage
Infant
Mother
Gender
Sex (vulnerability, life)
Death (Thanatos) imbues all of them

Narcissist collapsed state is outcome of such disruption in inner dialog: sadistic perfectionist inner critic superego sets him up for failure posing unattainable unrealistic goals.

In adversity and crisis, the narcissist becomes psychotic (Kernberg): he misperceives this voice (persecutory object) as external (projects it) and feels victimized.

We project inner dialog whenever we are triggered to revividness (i.e., an external object INITIATES direct communication with internal object). PTSD is a form of psychosis (hence flashbacks).

We introject inner dialog whenever we are traumatized (i.e., internal INITIATES communication with an external object), which is why trauma leads to narcissism (CPTSD/BPD).

Solution: Splitting.

Splitting leads to dissociation:

Depersonalization, derealization (where the splitting prevents the construction of a healthy inner dialogue): we are all bad and "killed" symbolically); OR

amnesia (we are all good and environment "killed" symbolically).

Addictions provide such dissociated splitting in neurotypicals.

534.

Abuse Victim's New Year Resolutions

New Year resolutions are notoriously fragile and ephemeral. But victims of abuse cannot afford this cavalier attitude: their mental - and too often physical - health depends on strictly observing the following promises to themselves:

1. I will treat myself with dignity and demand respect from others. I will not allow anyone to disrespect me.

2. I will set clear boundaries and make known to others what I regard as permissible and acceptable behavior and what is out of bounds.

3. I will not tolerate abuse and aggression in any form or guise. I will seek to terminate such misconduct instantly and unequivocally.

4. I will be assertive and unambiguous about my needs, wishes, and expectations from others. I will not be arrogant - but I will be confident. I will not be selfish and narcissistic - but I will love and care for myself.

5. I will get to know myself better.

6. I will treat others as I want them to treat me. I will try to lead by way of self-example.

7. If I am habitually disrespected, abused, or if my boundaries are ignored and breached I will terminate the relationship with the abuser forthwith. Zero tolerance and no second chance will be my maxims of self-preservation.

535.

The narcissist is prone to plagiarism and to absconding with other people's ideas and life's work. But this instantly creates a cognitive-axiological dissonance because, counterfactually, the narcissist considers himself to be a "good, morally upright person".

An intelligent narcissist resolves this dissonance by confabulating and reframing: he convinces himself that the stolen goods were his to start with, he came up with these ideas independently and long before anybody else did. This alternative history makes him eligible for the fruits of labor that is not his. This kind of narcissist convinces himself that his manufactured lies are the only reality and envious folks are out to deprive and disenfranchise him.

Dumb narcissists know that they are less than stellar. This ego dystonic realization makes it impossible for them to recast their misdeeds as merely reclaiming what's theirs. So, they resort to aggression and to suppressing the truth. In the process, they deploy a host of primitive defense mechanisms, such as splitting, projection, magical thinking, and denial. They are inexorably transformed by their own antisocial acts into primary psychopaths.

536.

The collapsed somatic narcissist is incapable of leveraging his good looks, sculpted musculature, and sexual prowess to obtain narcissistic supply. If he is endowed with intelligence, he switches to the cerebral mode. If not, he becomes covert.

The etiology of such failure is complex. The narcissist may feel that he is engaging in a forbidden competition with a dominant parental figure. Or, he may have been rewarded in childhood for intellectual accomplishments while sex was decried as "dirty".

In most cases, the failure is that of gender differentiation: the collapsed somatic narcissist is a latent homosexual or of fluid psychosexuality.

One possible outcome is celibacy or sexlessness within a relationship. Another solution is promiscuity (usually coupled with substance abuse). If the narcissist fails at both the somatic and the cerebral types, he undergoes mortification and becomes covert for good. If he has strong histrionic or borderline features, he is more likely to become a psychopath (secondary or primary) or a covert borderline.

538.

The narcissist's shared fantasy occurs with any type of source of supply of any kind (primary or secondary): friends, family, business associates, and intimate partners.

Grandiose narcissists react to animosity, contempt, and hostility by disengaging from the offender(banning/blocking, not responding). Only in the case of a shared fantasy, do they attempt to first stalk the perceived transgressor or to hoover her before they relent and disengage.

The same subspecies of narcissist react with animosity, contempt, and hostility to any act of friendliness, mindless adulation, offered empathy, support, succor, or advice as well as to any attempt at intimacy, including sexual advances. They regard such overtures and gestures as presumptuous, narcissistically injurious, and impertinent impositions.

Their ideal narcissistic supply source is commoditized and anonymous (faceless audience in lectures, views on videos). Their ideal sadistic supply (victim) on the other hand, is personal and intimate.

The collapsed somatic narcissist is incapable of leveraging his good looks, sculpted musculature, and sexual prowess to obtain narcissistic supply. If he is endowed with intelligence, he switches to the cerebral mode. If not, he becomes covert.

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539.

The holidays season should be a time of family get-togethers, love shared, and relatives and friends brought up to date. Holidays are supposed to be the reification of that contradiction in terms: mass or group intimacy.

Instead, for victims of family violence and abuse, the holidays are recurring nightmares, replete with danger and duplicity, a theater of the absurd with menacing overtones. This is especially true when the offender also has Narcissistic or Antisocial Personality Disorders. It is important to understand the mindset of such abusers.

Continued: https://samvak.tripod.com/narcissisthappiness.html

540.

How does the narcissist cope when he can no longer obtain supply because all his sources have dried up or because he is unable to establish a new PNS owing to external circumstances or to internal constraints (he is covert)?

The narcissist then resorts to self-delusion. Unable to completely ignore contrarian opinion and data - he transmutes them. Unable to face the dismal failure that he is, the narcissist partially withdraws from reality. To soothe and salve the pain of disillusionment, he administers to his aching soul a mixture of lies, distortions, half-truths and outlandish interpretations of events around him. These solutions can be classified thus:

The Delusional Narrative Solution

The Antisocial Solution

The Paranoid Schizoid Solution

The Paranoid Aggressive (Explosive) Solution

The Masochistic Avoidant Solution

541.

Some narcissists are not gregarious because they have a comorbid Schizoid Personality Disorder or because life pushed them to become schizoid (see next video). They avoid social events and are stay-at-home recluses. Doesn't this behaviour go against the grain of narcissism?

Howard H. Goldman (Ed.) in the "Review of General Psychiatry" [4th Edition. London, Prentice Hall International, 1995]:

"The person with Schizoid Personality Disorder sustains a fragile emotional equilibrium by avoiding intimate personal contact and thereby minimising conflict that is poorly tolerated."

Schizoid narcissists are not covert narcissists:

1. Covert narcissists are shy and anxious and convert their social dysfunction into an ideology;

2. Covert narcissists react emotionally to negative and positive supply;

3. Narcissists engage in sex and enjoy it.

Admittedly, they use sex only in order to acquire a potential partner for a shared fantasy. If someone is deemed to not be a potential partner or once the partner is acquired, narcissists become asexual. They remain sexually active within a dyad only to forestall abandonment.

If the schizoid narcissist is also a sadist, the sex is kinky and revolves around despoiling the partner (who accepts it and compromises her needs).

The schizoid somatic narcissist is autoerotic and uses his sex partners for self-gratification and as a form of narcissistic supply.

542.

The narcissist is indiscriminate and promiscuous in his mate selection: anyone would do if she provides him with 2 of the 3 Ss (sex, sadistic and narcissistic supply, and services).

Codependency and trauma are not objective but subjective: states of mind, not states of affairs.

Codependency is a pattern of reactions to the presence of an abuse and the promise of abuse (comfort zone): intimate partner regulates emotions, moods, and mediates dialog among introjects.

Abuser and victim are each other's instruments.

543.

Narcissistic and schizoid disorders of the self are one and the same and both can lead to psychosis. We all start life as traumatized schizoids and envious narcissists, but, then, our anomic civilization does everything underhanded to keep us this way into adulthood and leverage our dysfunctions and misery for social control and profits.

544.

Much like the autistic person, the narcissist is oblivious to adverse events and misbehavior occurring right under his nose.

The cerebral narcissist fails to notice even when - in his presence! - his intimate partner flirts with another man and arranges an assignation! Triangulation is wasted on him.

This oversight is not only because he doesn't mind or care (as long as he is not threatened with abandonment), but because he is insensitive to sexual and social cues and misinterprets them unless and until they become too conspicuous and potent to ignore.

The narcissist's extreme imperviousness to cues is owing to his self-absorption, boredom, barebones transactional approach to the relationship, and to his lack of empathy.

Similarly the narcissist assiduously filters out or reframes information counterfactually in order to fend off anxiety and to preserve the shared fantasy with his evidently straying partner.

He acts the gullible and the naive until he is threatened with abandonment - at which point he is abruptly transformed into an astute and discerning (almost psychic) observer and an interpreter of events and misconduct in his human environment.

One of the main drivers of narcissistic mortification is the realization that such extreme lack of awareness to his surroundings represents an existential threat. The cerebral narcissist is forced to wonder with mounting trepidation: What else have I been missing, both positive and negative?

545.

SF=Shared Fantasy AND Science Fiction. From androids to actroids, affective computing to the Turing Test, uncanny valley to same-race bias, mimicry to symbiosis - learn how the narcissist dupes and lures you into his shared fantasy.

Pollyana defenses (naive, gullible, counterfactual): base rate fallacy (everyone is telling the truth most of the time), people are good.

Malignant optimism: exceptionalism ("he is not that bad"), savior complex ("I am going to save, fix, and heal him").

This is a universal delusion: we have no access to other minds, but we develop a theory of mind via mentalization, adhere to the intersubjectivity agreement, and pretend that empathy gets it right.

From "Malignant Self-love: Narcissism Revisited":

"Narcissists and psychopaths use cold empathy to fake the full-fledged kind and emotions.

The weaker variety of narcissist tries to emulate and simulate "emotions" – or, at least their expression, the external facet (affect). They mimic and replicate the intricate pantomime that they learn to associate with the existence of feelings. But there are no real emotions there, no emotional correlate.

This is empty affect, devoid of emotion. This being so, the narcissist quickly tires of it, becomes impassive and begins to produce inappropriate affect (e.g., he remains indifferent when grief is the normal reaction). The narcissist subjects his feigned emotions to his cognition. He "decides" that it is appropriate to feel so and so. His "emotions" are invariably the result of analysis, goal setting and planning.

He substitutes "remembering" for "sensing". He relegates his bodily sensations, feelings and emotions to a kind of a memory vault. The short and medium-term memory is exclusively used to store his reactions to his (actual and potential) Narcissistic Supply Sources.

He reacts only to such sources. The narcissist finds it hard to remember or recreate what he ostensibly - though ostentatiously - "felt" (even a short while back) towards a Narcissistic Supply Source once it has ceased to be one. In his attempts to recall his feelings, he draws a mental blank.

It is not that narcissists are incapable of expressing what we would tend to classify as "extreme emotional reactions". They mourn and grieve, rage and smile, excessively "love" and "care". But this is precisely what sets them apart: this rapid movement from one emotional extreme to another and the fact that they never occupy the emotional middle ground.

The narcissist is especially "emotional" when weaned off his drug of Narcissistic Supply. Breaking a habit is always difficult – especially one that defines (and generates) oneself. Getting rid of an addiction is doubly taxing. The narcissist misidentifies these crises with an emotional depth and his self-conviction is so immense, that he mostly succeeds to delude his environment, as well. But a narcissistic crisis (losing a Source of Narcissistic Supply, obtaining an alternative one, moving from one Narcissistic Pathological Space to another) – must never be confused with the real thing, which the narcissist never experiences: emotions.

Many narcissists have "emotional resonance tables". They use words as others use algebraic signs: with meticulousness, with caution, with the precision of the artisan. They sculpt in words the fine tuned reverberations of pain and love and fear. It is the mathematics of emotional grammar, the geometry of the syntax of passions. Devoid of all emotions, narcissists closely monitor people's reactions and adjust their verbal choices accordingly, until their vocabulary resembles that of their listeners. This is as close as narcissists get to empathy."

546.

All narcissists end life in a schizoid state. In interpersonal relationships, they progress from narcissism (lovebombing/grooming) to abuse (or to sadism) to discard (schizoid). This is true also in their careers and in their general social engagement and attitude to the world, as narcissistic injuries and mortifications mount and reach an intolerable crescendo, causing extreme withdrawal and avoidance behaviors.

As distinct from the overt-classic narcissist, the schizoid, cerebral, sadistic, and covert types of narcissist prefer anonymized, faceless narcissistic supply. The sadist, though, derives sadistic supply also from one-on-one encounters.

Within the shared fantasy with an overt narcissist, the abuse is intended to test the partner and re-enact early childhood conflicts. But it has added functions in the case of the schizoid narcissist (to re-establish a solitary space by pushing the partner away), the sadist (to pleasurably inflict pain), the cerebral (to deny intimacy and forestall sex), and the covert (to establish dominance in a power play).

All types of narcissists mourn the permanent passing of the shared fantasy, never the loss of the counterparties involved in it. This is how they can transition so smoothly to a new mate/friend/business associate.

547.

Financial Times "When Narcissism Becomes Pathological":

"Jose Romero-Urcelay is a forensic psychiatrist and the director of therapies at the Dangerous and Severe Personality Disorders unit at Broadmoor, West London Mental Health Trust. He confirms Vaknin's theory that pathological narcissists are drawn to careers in finance, law and politics. He also treats numerous patients with narcissistic personality disorder. "It is crucial," he says, "to distinguish between narcissistic traits, which may be advantageous – such as confidence, a need to get to the top, the need for praise – and NPD. Those with personality disorders are exploitative, and likely to cause significant distress to others."

Typically, this takes the form of emotional abuse. The narcissist's insatiable quest for attention (what Vaknin was the first to describe as "narcissistic supply"), leads him or her to seek out a steady source

of admiration. Where that is in short supply, the narcissist prefers to inspire fear or hatred than suffer the nightmare of being ignored. And unable to empathise, they are indifferent to the consequences of hurting people."

Jaume Plensa's "Behind the Walls". It is a new installation on campus outside of the University of Michigan Museum of Art in Ann Arbor Michigan.

548.

Is Holmes a high functioning sociopath? Actually he is a schizoid narcissist.

Poirot? The same. Both cloak their sadism as moral uprightness.

Are personality disorders merely culture bound diagnoses?

Psychopathy as self-state, protective ego resource in DID, BPD (secondary), NPD, HPD, PPD.

Philip Bromberg's work.

Decompensation owing to intolerable anticipated or actual stress or trauma (CPTSD/PTSD): grandiose and fantasy defenses crumble and lead to acting out or to suicide.

Emergence of a psychopathic protective self-state (same in DID).

But protect from what?

NPD: injury, mortification (hypervigilance) leads to contact with trauma traces, repressed emotions - NPD becomes BPD (Grotstein: BPD failed narcissist).

PPD: threat (paranoid ideation, persecutory delusions)

BPD: abandonment, rejection

HPD: rejection, injury

When the protective self overactive or is the only self-state/resource, we get hybrids types (comorbidity) like the malignant narcissist (Fromm, Herbert Rosenfeld, Kernberg).

Millon's Unprincipled Narcissist, Disingenuous Histrionic, and Impulsive Borderline.

549.

Intimacy Retarding Paranoia

Paranoia is use by the narcissist to ward off or reverse intimacy. The narcissist is threatened by intimacy because it reduces him to ordinariness by exposing his weaknesses and shortcomings and by causing him to act "normally". The narcissist also dreads the encounter with his deep buried emotions - hurt, envy, anger, aggression - likely to be foisted on him in an intimate relationship.

The paranoid narrative legitimizes intimacy repelling behaviours such as keeping one's distance, secrecy, aloofness, reclusion, aggression, intrusion on privacy, lying, desultoriness, itinerancy, unpredictability, and idiosyncratic or eccentric reactions. Gradually, the narcissist succeeds to alienate and wear down all his friends, colleagues, well-wishers, and mates.

Even his closest, nearest, and dearest, his family - feel emotionally detached and "burnt out".

The paranoid narcissist ends life as an oddball recluse - derided, feared, and loathed in equal measures. His paranoia - exacerbated by repeated rejections and ageing - pervades his entire life and diminishes his creativity, adaptability, and functioning. The narcissist personality, buffeted by paranoia, turns ossified and brittle. Finally, atomized and useless, it succumbs and gives way to a great void. The narcissist is consumed.

Counterintuitively, with paranoid intimate partners, it is better to share everything and to be utterly and unmitigatingly honest. No matter how bad and hurtful, reality always comforts them because it is so much less egregious and menacing than their own suspicions, paranoid scenarios, and hypervigilance. The paranoid's best friend is reality and his worst enemy is his rampant, morbid, catastrophizing imagination.

Example:

She: I like (this man at work) a lot. I am attracted to him.

He: She is honest and trustworthy. If something happens with that man she will tell me. It is only human to be attracted to other people.

Continued https://samvak.tripod.com/narcissismparanoia.html

550.

Narcissistic mortification is an extreme form of decompensation when all the narcissist's defenses crumble as a result of a deeply traumatizing, challenging, and humiliating event.

The narcissist copes with mortification in one of two ways:

1. He renders it external, casting himself as the hapless victim of malicious, envious, mentally ill people. This preserves his self-image as good and morally upright, but leads to depression.

2. He renders it internal and accepts his contribution to the mortifying event and his ensuing responsibility. Such reframing restores his sense of mastery and control over the situation and others but results in hypervigilance, paranoid and referential ideation, and persecutory delusions.

551.

Personality disorders are narratives that disguise and defend against discontinuities in identity and memory --- Impostor syndrome (false self covers for true self)---grandiosity, hypervigilance, referential ideation --- suspiciousness --- persecutory delusions and paranoid ideation --- persecutory object.

Persecutory object is an internal object that represents the intimate partner or others.

If others, the intimate partner can collude in the delusion or oppose it. If she opposes it, she becomes the persecutory object.

If the intimate partner is the persecutory object, she can collude (accept her role and act accordingly to conform to expectations) or oppose it by redirecting the suspicions at others, including family members.

Mortification, when rendered external leads to paranoia and when internal leads to depression.

Collapse and mortification, therefore, seem to regulate both affectivity (moods) and switching between self-states (“diagnoses”).

552.

Narcissistic mortification is an extreme form of decompensation when all the narcissist’s defenses crumble as a result of a deeply traumatizing, challenging, and humiliating event.

Mortification: event, dissociation, processing the event cognitively and emotionally (unconscious), choice of external or internal response

Trauma: event, automatic (traumatic) response, processing the event cognitively and emotionally (unconscious), dissociation

The narcissist copes with mortification in one of two ways:

1. He renders it external, casting himself as the hapless victim of malicious, envious, mentally ill people. This preserves his self-image as good and morally upright, but leads to depression.

2. He renders it internal and accepts his contribution to the mortifying event and his ensuing responsibility. Such reframing restores his sense of mastery and control over the situation and others (neurotic autoplastic solution).

Both choices result in hypervigilance, paranoid and referential ideation, and persecutory delusions.

Collapse and mortification, therefore, seem to regulate both affectivity (moods) and switching between self-states (“diagnoses”).

Challenge to his grandiosity: hoover you and then, when he succeeds, IMMEDIATELY dump you vindictively.

1. Reaffirm his grandiosity ("I am irresistible")

2. Punish you for your "transgressions"

3. Teach you to "behave yourself" in the future (like housebreaking a pet).

553.

Are personality disorders real? Or are they narratives intended to cope with trauma and disguise the resulting dissociation?

Amazing and inspiring real life story of how a comatose person with a locked-in syndrome wrote a book by batting a single eyelid - and what this tells us about the state of psychology as a wannabe pseudo-science.

554.

Social media have become the playground of narcissists, psychopaths, and sadists who post extreme and, at times, illegal porn and revel in the reactions to it, thus garnering vicarious narcissistic supply. Via such postings, they express their rabid misogyny by objectifying women and subjecting them to humiliating subjugation and to aggression bordering on outright violence.

Protestations to the contrary notwithstanding, some of the content is illegal and can land even an accidental viewer in hot waters. Relatively innocuous search terms such as “family”, “wife”, “sister”, or “daddy” often yield sleazy and actionable photo and video results, displayed automatically on the user’s screen and saved to his or her browser cache without any warning or consent. Tumblr was not alone in this. Twitter, Mind, YouTube, Instagram, and Facebook, although to a lesser degree, also host porn on a massive scale.

Porn addiction ties well with the narcissist’s fantasy sex life. Social media enable and legitimize a host of sexual fetishes and paraphilias, including pedophilia. Via these platforms, the narcissist finds an eager audience and a sense of empowerment and immunity, aided and abetted by his anonymity.

Interview granted to Misty Harris of CanWest on February 23, 2005

Q. How might technology be enabling narcissism, particularly for the Internet generation?

A. To believe that the Internet is an unprecedented phenomenon with unique social implications is, in itself, narcissistic. The Internet is only the latest in a long series of networking-related technological developments. By definition, technology is narcissistic. It seeks to render us omnipotent, omniscient, and omnipresent - in other words, Godlike.

The Internet allows us to replicate ourselves and our words (through vanity desktop publishing, blogs, and posting online content on Web sites), to playact our favorite roles, to communicate instantly with thousands (narrowcasting), to influence others, and, in general, to realize some of our narcissistic dreams and tendencies.

Q. Why is it a bad thing to have a high opinion of yourself?

A. It is not a bad thing if it is supported by commensurate achievements. If the gap between fantasy and reality is too big, a dysfunction that we call "pathological narcissism" sets in.

Q. What does it say about our culture that we encourage narcissistic characteristics in people? (example: Paris Hilton - we made her a star for loving herself)

A. Celebrity culture is not a new thing. It is not a culture-dependent phenomenon. Celebrities fulfil two emotional functions for their fans: they provide a mythical narrative (a story that the fan can follow and identify with) and they function as blank screens onto which the fans project their dreams, hopes, fears, plans, values, and desires (wish fulfilment).

Western culture emphasizes ambition, competitiveness, materialism, and individualism. These admittedly are narcissistic traits and give the narcissist in our society an opening advantage.

But narcissism exists in a different form in collectivist societies as well. As Theodore Millon and Roger Davis state in their seminal tome, "Personality Disorders in Modern Life":

"In an individualistic culture, the narcissist is 'God's gift to the world'. In a collectivist society, the narcissist is 'God's gift to the collective'".

Pathological narcissism is a narrative intended to disguise discontinuities in memory and identity (post-traumatic dissociation). But it has another role: to glamorize dysfunction and elevate it to the level of an ideology of superiority.

Children with impaired and incompetent disorganized personality or with a self-defeating, ornery temperament are shunned, ridiculed, and bullied. To compensate for these painful experiences, they sometimes recast their freakish idiosyncracies as choices, thus restoring an internal locus of control.

Thus, the schizoid or autist boasts grandiosely about his self-sufficiency, emotional imperturbability, resilience, razor-sharp focus, extreme IQ, social selectivity, and asexuality. These render him superhuman in his eyes.

Similarly, the sadist brags about his altruism, rationality, invulnerability, perspicacity, and imperviousness to weakness and to pain.

Drill down to find that compensatory narcissism is merely the fantasy aggrandizing veneer superimposed on other mental health disorders and their harrowing lifelong costs.

556.

Narcissist: By cheating on me with other men, you are rejecting me as a man! By abandoning and betraying me, you are rejecting me as a person!

Intimate Partner: You are never there either as a man or as person! I am cheating on your absence as a man and I am abandoning your absence, not you!

Narcissist: But I AM my absence!

557.

Narcissism is a core feature of the personality: primary narcissism in infancy is critical to the formation of the self, healthy narcissism helps us to regulate our sense of self-worth and guarantees self-efficacy.

558.

Like cancer, narcissism can become malignant and be triggered in its sick form by any trauma and in any mental illness. It acquires the features of the underlying primary core mental health issue and serves as an overlay (veneer, coat of paint). It is a misleading facade presented to the world - and to diagnosticians.

The narcissist's intimate partner regulates the flow of primary narcissistic supply. She shores over period of scant supply by providing secondary supply (recalling the narcissist's moments of past glory as witnessed by her).

But secondary supply has another important function: to foster and cement bonding and addictive attachment within the shared fantasy.

At the core, the narcissist is trained to expect and accept only conditional, performance-based love. He signals to his mate: "Mom! Look how amazingly unique, fascinating, and special I am! Look what I have accomplished! Don't you just love it - and me?"

If the partner withdraws from the dyad and shuns the narcissist, if she withholds her secondary supply and conditional love and affection, the narcissist feels threatened and develops extreme abandonment or separation anxiety. This is especially true if she is having an affair with another man who she openly admires and whose virtues she extols.

559.

Finally, In RUSSIAN! My narcissism, narcissistic abuse, and personality disorders videos in Russian, translated by Olga Kozhemiakina. Thank you, Olga!

560.

People with many types of personality disorders possess no constellated Self and no functional Ego: they are "selfless". This is very bad news for them - and for others.

Jung's complexes, subpersonalities, Internal Family Systems Model (IFS), Ego-state therapy.

Each self-state is narrative which provides a pseudo-identity. Pseudoidentities are ego functions (resources) and simulations (probes). In the absence of a unitary, stable core (identity disturbance and identity diffusion), the patient shape-shifts between self-states, replete with their own unique traits, affect, cognitions, and behaviors. In extremis, these self-states are utterly dissociated (most forms of DID - Dissociative Identity Disorder).

561.

Intimate partner enters the shared fantasy in order to facilitate the narcissistic solution to the schizoid state: serve as fetishized womb (mother) and affirm the reality and veracity of the False Self. She is misperceived as external object, when actually the narcissist internalized her to guarantee her functioning and prevent abandonment.

Narcissist internalizes all external objects. So Madonna Whore complex is not a splitting defense directed at external objects (women), but at an internal one: the self is split to all body and all mental (Guntrip).

Abandonment is equivalent of birth: being forced back into the world and external object relations. Hence the extreme anxiety, decompensation, acting out, and protector self-state (secondary psychopathy).

562.

Advantages of refusing to grow up (Puer Aeternus/Peter Pan): 1. I am a child, so I am harmless and vulnerable, don't hurt me 2. I am a still a toddler, so I am helpless and hurting, care for me, help me, take care of my needs. This is an extreme example of neoteny.

Schizotypy is psychological neoteny. It involves regression to pre-self childhood, when the self is either not constellated or not integrated, boundaries are fuzzy, and there is a confusion between external and internal objects. Creativity and imagination are enhanced and predispose to fantasy.

When we combine the schizotypy model with the Five Factor model of personality, we find that Borderline, Narcissistic, Schizoid, Schizotypal, Paranoid, Secondary Psychopathy, and other personality disorders emerge naturally. It seems that personality defenses are defenses against schizophrenia and psychosis.

563.

One strategy of coping with complex trauma and prolonged, all-pervasive egregious abuse is to internalize the abusers and identify with them.

In patriarchal misogynistic societies, women are fifth column traitors to their gender: they enforce men's rules and try to ingratiate themselves with the men by acting against their kind viciously and doggedly.

The Jewish capos in Auschwitz who collaborated with the SS against their their brethren are another example.

These sycophant abuser extensions (aware and consenting flying monkeys) are even much worse than the the original tormentors in their zeal, intransigence, and sadism.

564.

Forgiving is an important capability. It does more for the forgiver than for the forgiven. But it should not be a universal, indiscriminate behaviour. It is legitimate not to forgive sometimes. It depends, of course, on the severity or duration of what was done to you.

In general, it is unwise and counter-productive to apply to life "universal" and "immutable" principles. Life is too chaotic to succumb to rigid edicts. Sentences which start with "I never" or "I always" are not very credible and often lead to self-defeating, self-restricting and self-destructive behaviours.

Conflicts are an important and integral part of life. One should never seek them out, but when confronted with a conflict, one should not avoid it. It is through conflicts and adversity as much as through care and love that we grow.

Human relationships are dynamic. We must assess our friendships, partnerships, even our marriages periodically. In and by itself, a common past is insufficient to sustain a healthy, nourishing, supportive, caring and compassionate relationship. Common memories are a necessary but not a sufficient condition. We must gain and regain our friendships on a daily basis. Human relationships are a constant test of allegiance and empathy.

565.
Most narcissists enjoy an irrational and brief burst of relief after having suffered emotionally ("narcissistic injury") or after having sustained a loss. It is a sense of freedom, which comes with being unshackled.

Having lost everything, the narcissist often feels that he has found himself, that he has been re-born, that he has been charged with natal energy, able to take on new challenges and to explore new territories.

This elation is so addictive, that the narcissist often seeks pain, humiliation, punishment, scorn, and contempt - as long as they are public and involve the attention of peers and superiors. Being punished accords with the tormenting inner voices of the narcissist which keep telling him that he is bad, corrupt, and worthy of penalty.

This is the masochistic streak in the narcissist. But the narcissist is also a sadist - albeit an unusual one.

566.

Virulently and sadistically misanthropic (actually asocial schizoid) narcissists end up as dismal failures and lonely losers. Their prosocial communal (overt and grandiose) brethren end up as astounding successes, replete with personality cults.

Gregarious narcissists are natural leaders. They grant their followers three wishes:

1. Acceptance and belonging via a group identity as a fan, follower, or acolyte;

2. Fake empathic attention and ersatz succor (the narcissist misrepresents himself as a self-sacrificial "lover of humanity"); and

3. Privileged access to the leader in a game of patronage and favoritism among the cronies in the coterie.

567.

Dramatic (cluster B) personality disorders are drama queens and kings.

Pandemic increases the need for drama (Lidija Rangelovska)

MOTIVES for DRAMATIC BEHAVIOR

Acting/distancing (Karpman Drama Triangle)

Self-esteem via reverting locus of control

Attention seeking: hero (gratitude), victim (pity)

Victim or rescuer mentality

Thrills, novelty-seeking, impulsivity

Provocation (projective identification)

Emotional blackmail

Staging, life as a novel or a movie (theatricality)

Manipulation via stress, brinkmanship

Distraction, decoy: shifting blame, diverting attention

568.

Narcissists always complain bitterly that they are being disrespected by one and all. Oftentimes, they are right - they just conveniently fail to recall who started it all.

Narcissists hold everyone in contempt as their inferiors. Consequently, they violate boundaries, trample on rights, contumaciously break rules, neglect chores, breach promises, egregiously abuse, and abrogate obligations and responsibilities.

Thus dishonored, or having witnessed the maltreatment of others, people around the narcissist, respond in kind. They lose any initial regard they may have held for the narcissist and they no longer feel bound by any interpersonal or social mores, codes, norms, values, rules, or agreement. They act antisocially ("reactive abuse").

The narcissist is dissociative: the gaps in his memory result in discontinuity and identity disturbance. So, he resents being punished for earlier misdeeds which he has only a vague recollection of: he cannot form chains of cause and effect in his disorganized mind. He just feels suddenly and inexplicably malevolently attacked and humiliated.

569.

Some narcissists and psychopaths emphatically and repeatedly broadcast their monstrous traits and misbehave ostentatiously and publicly. They divulge their obnoxious nature, disclose their innate immorality and dysempathy, and brag about their antisocial misdeeds.

This self-advertising is intended to cater to three constitutional needs:

1. Anxiolytic

By fostering an intimidating and vengeful facade, they ward off and defend against a hostile world, populated by envious and malevolent minions who are conspiring to take down the far superior narcissist or psychopath;

2. Masochistic

Self-defeating and self-destructive disclaimers and warnings are a form of punitive regime intended to validate and buttress the narcissist's or psychopath's self-perception as a "bad, unworthy object";

3. Schizoid

Ultimately, taking the self-disparaging narcissist or psychopath at his word, people shun him altogether. His solitary, "lone wolf", space is thus restored and secured.

570.

Separation is wound/void/empty core – individuation (“self”) scar tissue – dead mother (not good enough environmental mother who provides no ego care) creates Balint’s “basic fault”

Ego formation disrupted owing to problems in object relations

To fill the void: internal objects (phantasy, schizoid self-sufficiency, narcissistic grandiosity) or external objects (object relations, love)

Relationships with internal objects are same as with external ones, owing to confusion.

They involve:

idealization-devaluation cycles,

shared fantasy as organizing principle,

approach-avoidance

Idealized internal objects are nucleii of grandiosity, participate in co-idealization and self-idealization

Devalued internal objects either become persecutory or are projected

Shared fantasy involves

autoeroticism (sex),

omnipotence and omniscience (services),

and self-supply (emanating from idealized internal objects)

Approach-avoidance and intermittent reinforcement engendered by the schizoid core's pain aversion (love is pain, repressed to be avoided) but also to

convert partner to bad internal object (object constancy which applies to both good and bad objects).

The narcissist interojects ("snapshots") you and converts you (devaluation) into a bad, persecutory, and frustrating internal object, a repository of the narcissist's toxic waste, repressed memories, negative emotions, fears, and paranoid ideation.

The narcissist then projects onto you the bad, corrupt internal object (your representation in his mind). This allows him to discard you, his mother figure, and re-experience the original separation from his real mother and the exhilarating individuation that followed.

Reestablish safe solitary space (in healthy people, boundaries define the personal space, here they ARE the space)

Test parental sufficiency (unconditional love and acceptance)

Reenact early childhood conflict

Sadistic pleasure

Quote from "Empty Core: An Object Relations Approach to Psychotherapy of the Schizoid Personality" by Jeffrey Seinfeld, Ph.D., published by Jason Aronson, 1991

571.

The narcissist takes a snapshot of you and proceeds to interact exclusively with that inner representation or avatar of you, usually converting it into a bad, persecutory internal object.

You can tell if you had been snapshot when:

1. The way the narcissist describes you is way too ideal;

2. He moves too fast, offering you marriage and children on a second date; and

3. He becomes possessive of you and starts to micromanage your life.

572.

Narcissists have no ego. Ego death means narcissism.

Ego functions include: reality testing, impulse control, emotional regulation, judgment, object relations, cognitive processes, defense mechanisms, and a synthetic function.

Freud, Jung, Kohut, Horney, Klein, Mahler, Kernberg, Winnicott, Fairbairn, Guntrip, Stern - all had their mutually exclusive and contradictory versions of pathological narcissism. What are we to do?

573.

The narcissist confuses romantic jealousy with mortification and possessiveness.

Possessiveness is driven by FEAR. Mortification leads to INTROSPECTION. Romantic Jealousy is PAIN which results in withdrawal and aversion.

Possessiveness is abandonment/separation anxiety and fear of loss. As long as object constancy (ownership of the partner taken for granted) is maintained, she can outsource all her sexual and emotional needs. He becomes possessive (not romantically jealous!) only when he senses imminent abandonment. The narcissist also regards any attempt to lie to him and to deceive him as a challenge to his grandiose omniscience and a sign that he is not as feared and held in awe as he imagines himself to be.

The narcissist is romantically jealous only of women he "loves" (infatuation, limerence): decadent women who are both promiscuous and sophisticated (elegant and worldly). Both elements are necessary. A promiscuous woman who is too homely or a cosmopolitan one who is sexually conservative fail to arouse him.

The narcissist is never romantically jealous or possessive of women who serve as mere playmates, drivers, companions, housekeepers, and PAs. He demands their presence (no abandonment), services, or sex – and pays for them. Otherwise, he wants to be left alone: solitude and solitary pursuits.

The cerebral narcissist has sex (typically kinky and sadistic) only within a shared fantasy and, even then, he much prefers object constancy (adulating presence) and services to sex, so he ultimately switches to celibacy and legitimizes the outsourcing by his partner of her needs.

ONLY mortification involves soul-searching and dysphoria. Romantic jealousy does not lead to introspection, only to pain.

The narcissist is especially mortified by women whom he doesn't love and considers inferior to him, precisely because their betrayal is humiliating and unexpected, a WAKEUP CALL.

The narcissist can be mortified into accepting that he is a schizoid narcissist and should stay away from people, pursue narcissistic and sadistic supply, and lead a solitary life, devoid of sex, love, and intimacy.

He could also be mortified into realizing that: (1) He is abusive (sadistic), crazy, and his own worst enemy (for example: he inflicts unendurable pain on himself by knowingly driving women to cheat on him with predators); (2) Even quasi-"men" are vastly preferrable to him (he is irredeemably disabled and inferior, not superior, infantile, not a man at all); and (3) He has disrespected and berated himself, so people disrespect, fear, hate, and are revolted by him.

574.

Parents manufacture narcissists either by not loving their children enough or by loving them for all the wrong reasons.

The study of narcissism is a century old and the two scholarly debates central to its conception are still undecided. Is there such a thing as HEALTHY adult narcissism (Kohut) - or are all the manifestations of narcissism in adulthood pathological (Freud, Kernberg)?

Moreover, is pathological narcissism the outcome of verbal, sexual, physical, or psychological abuse (the overwhelming view) - or, on the contrary, the sad result of spoiling the child and idolizing it (Millon, the late Freud)?

The infant (ages 0 to 2) does not verbally formulate "thoughts" regarding his pressing needs (which are part cognitive, part instinctual). This nagging uncertainty is more akin to a discomfort, like being thirsty or wet (states of being). These are transformed into permanent Self-states if the needs are not met.

Self is constellated and integrated via satisfactory object relations. When object relations are frustrating or hurtful, the self remains fragmented into states, each state corresponding to an unfulfilled, unmet need.

Each state has its own set of coping strategies, cognitions, emotions (affects) which revolve around resolving the lack. Each state is invested with aggression.

The self-states are dormant and reactive to stressors. During hibernation, they are perceived as internal objects.

575.

The narcissist perceives his partner's autonomy, independence, agency, and self-efficacy as threats which portend ineluctable abandonment. He reacts to them with paranoid hypervigilance, persecutory delusions, and aggression in multifarious forms, mainly intended to intimidate her into submission.

When the narcissist's partner reacts to his incessant abuse by maintaining a separate, secretive life, the narcissist escalates his attempts to hoover and stalk her, spy on her, and control her agenda and social circle, including "the competition" (male friends or lovers).

That she refuses to succumb to his charms and resuscitate the shared fantasy causes him a series of narcissistic injuries which are hard to overcome and may lead to mortification. He also envies her relative happiness and intact external object relations and aims to destroy and remove this frustrating object of his dependency.

It is a no-win situation for his mate: if she does try to re-establish the dyad, if she demands sex (at all or a more conventional variety), if she insists that the narcissist commit, invest, fulfill chores and keep promises - he pushes her away, avoids, withdraws, and shuns her altogether, reverting to a schizoid state.

576.

The narcissist's communication is a cipher, it is coded. Here are two simple rules: 1. The narcissist is never sad - and always mad (at you) and bad; and 2. When the narcissist says "I am bad" (is ostensibly repentant), he means to say "I am afraid" (of the consequences of his actions)

Envelope: reasonable, flexible/compromising, socially-acceptable, commonsensical

Hidden/occult coded message which triggers (pushes buttons) based on shared past experiences and speech acts

Hidden not accessible or comprehensible, so people tend to think that something is wrong with you when you try to share it and enlighten them

Techniques:

Countrtfactuality or non-facticity: big picture agreed, now to the details (shared psychosis)

Victim stance and language never mind what you do or say, you are always the abuser (role): comfort zone, projective identification

Projection because imagined victimhood is confabulated: encouraging ego-dystony, shame, guilt tripping, self-doubt

Gaslighting via equivocation (“maybe”), challenge to reality testing, rewriting history

Hostility disguised as formality

Manipulativeness and coercion, provocation

Ignoring you and your input/requests

Malingering, procrastination

Perfectionism

Forgetfulness

Neglect

Truancy

intentional inefficiency

stubbornness

pseudo-stupidity

outright sabotage

Use lawyers to respond

Palindromic Speech

There are three types of manipulative speech:

Victim

Child

Psychopathic

Lying and Confabulating

Abusing Speech Acts: Three Examples

Big Picture Evasiveness

Alloplastic Defenses and Shifting Blame

Passive-aggressive Gaslighting

No Reasoning with the Mentally Ill

577.

Your Twin Flame is Narcissist, Psychopath, Con(fidence) artist

Twin flame, other half

Idealized mirroring of an idealized version of yourself (past, present, future)

Co-idealize yourself (narcissistic defense grandiosity)

Same traits, preferences, behaviors, values, goals, boundaries, dreams PLUS (you on steroids plus added features)

Legitimizes, sense of belonging, being seen (existence validated affirmed)

He is perceived as either superior or a reinforcement the cavalry which will allow you to reach utopia (no place, a pessimistic word)

Cold empathy, scans vulnerabilities, idealizes you, self-limerence, hall of mirrors, shared fantasy, cult

He becomes both parental figure and your false self and is introjected as such regresses you to before separation/individuation (infantile state): iternalized objects reduce dependence on external objects.

Monopolizes regulatory functions

Others perceived as dysregulatory and deflating which leads to paranoia and isolation

Continued self-aggrandizement (as empath) perpetuates his roles and reinforces his introject, continues the abuse

Like in Stockholm syndrome he becomes source and regulator of life, self-esteem, wellbeing, self-love and has the power to inflict hurt.

Regression to pre-separation/individuation forces you from external to internal object relations (schizoid), his introject is parental but it is also YOU, a component of your identity.

Symbiosis is not merger fusion (empty core)

578.

Exit the narcissist's prison, Truman show, or matrix: take the red pill! Mortify the narcissist and abandon him: confront, humiliate/reflect, then soothe. Soothing him creates internal mortification (he cannot cast you as the evil one and has to blame himself for his predicament).

Mortification is combo projection, introjection, and acting out.

Attachment style determined in early childhood and is about object constancy (absence/presence): created by balance between anxiety/fear (of engulfment or hurt) and need to be loved.

Shared space created by need to be loved: intimacy, experiences, memories, emotions (=schema). It never leads to engulfment, enmeshment, merger, or fusion.

Shared space is evocative and a part of identity.

Shared fantasy is counterfactual and not part of identity (alien, intrusive, estranged). You become a mere internal object in the narcissist's mind.

Conflict between attachment and fantasy leads to acting out.

Acting out in personality disorders: defiance/reactance, contumaciousness/counterdependence, withdrawal/avoidance.

False Self is also an attempt to be loved (you can't love my true self, how about this?).

The narcissist's life is structured in order to avoid conflict with powerful godlike introjects by negating one's identity (parents, god, society, role models, influential peers).

Mortification proves the introjects right: "I am not lovable because I am deficient and inadequate even as a fake/actor".

Relationship awareness theory

579.

A whopping 80% of alcoholics relapse within one year after rehab. This dismal failure is replicated in treatments for other substances and addictions. Why is that? Because we misunderstand the nature of addiction and consequently adopt one of three wrong orientations:

1. Medicalize the addiction, rendering it a disease and absolving the addict of any personal accountability or responsibility for his actions ("I can't help it, I am sick");

2. Substitute one addiction for another. The addict becomes addicted even to the very process of treating his condition;

3. Confront the addiction as a proscribed and self-destructive impulse when, actually, it caters to numerous dissociated and overt psychological, social, as well as physiological needs. Rather than attend to the totality, we zero in on the least important derivative aspect: the craving, leaving the rest intact and raring to have another go.

About 40% of the brain is dedicated to engendering and processing addiction. Animals frequently display addictive behaviors. Addiction is the normal state. But like every other common and useful function, it can veer out of control and become malignant and all-consuming.

580.

People profess to be wary or even scared of psychopaths. Yet, psychopaths overwhelmingly report being disrespected, humiliated, and ridiculed by others, often in public and even when their reputation as psychos and criminals precedes them. How come?

Some self-destructive people bait psychopaths on purpose, attempting to commit "suicide by psycho". But these cases are few and far between.

It seems that people are more afraid of the mythical psychopath than the real life ones - and for very

good reasons: there is nothing to be afraid of, most psychopaths are harmless. Serial killers, for example, are sadistic narcissists, rarely actual psychopaths who are much more likely to be found among petty criminals and CEOs.

A small minority of antisocial psychopaths are pathetic losers with poor boundaries. They are defiant and lack empathy and impulse control, but they are not self-efficacious and are often schizoid lone wolves.

When confronted, derided, offended, or abused, they just skulk away, tail between the legs. They are bullies and cowards, but direct and displace their aggression at weak inferiors or at their “nearest and dearest”.

People largely shun this variant of the species. Granting them access and confiding your vulnerabilities legitimizes your mistreatment, in their eyes.

But the overwhelming vast majority of psychopaths are high-functioning and even prosocial. They are extremely unlikely to commit violent crimes. Even when affronted, mocked, shamed, and offended against, they just shrug, roll their eyes, and move on without retaliating because they are very goal-focused and not easily distracted.

In short, paradoxically, it is much more dangerous to insult a “phallic” narcissist in public than to confront a psychopath or a psychopathic (malignant) narcissist. The latter is just likely to disengage and move on - the former bears grudges and is vindictive.

581.

Projective identification is a form of coercive control within the shared fantasy. It sometimes results in collusive infidelity. Paradoxically, serial cheating BUTTRESSES object constancy: (“he keeps coming back to me, choosing me over all his other women”).

The term "shared fantasy" was coined by Sander, F. (1989) in "Shared unconscious conflicts, marital disharmony and psychoanalytic therapy", published in J. Oldham & R. Liebert, eds., The middle years: New psychoanalytic perspectives (pp. 160–176). New Haven, Conn.: Yale University Press.

Why SOOTHE the narcissist when you had mortified him?

Enabling and Codependency

Toxic Masculinity

"Coercive control refers to a pattern of controlling behaviors that create an unequal power dynamic in a relationship. These behaviors give the perpetrator power over their partner, making it difficult for them to leave."

Monitoring activities, Exerting financial control, Isolating the other person, Insulting the other person, Making threats and being intimidating, domestic violence, Using sexual coercion, Involving children or pets.

Projective Identification and Collusive Infidelity

“Collusive Infidelity, Projective Identification, and Clinical Technique
Robert Mendelsohn, The Psychoanalytic Review Vol. 101, No. 4, August 2014

Criminalizing Coercive Control

582.

Intimacy is often perceived to include a license to abuse. The abuser treats his nearest, dearest, and closest as mere objects, instruments of gratification, utilities, or extensions of himself. He feels that he "owns" his spouse, girlfriend, lovers, children, parents, siblings, or colleagues. As the owner, he has the right to "damage the goods" or even dispose of them altogether.

Some abusers are scared of real intimacy and deep commitment, afraid of the intolerable hurt wrought by an eventual and inevitable abandonment. They have been taught to consider themselves unlovable and unworthy of being loved. Being hated and feared is within their comfort zone: they know the ropes of intimidation and alienation as means of controlling their environment and rendering it less threatening.

These abusers lead a "pretend", confabulated life. Their "love" and "relationships" are gaudy, fake imitations. Such an abuser seeks to put a distance between himself and those who truly love him, who cherish and value him as a human being, who enjoy his company, and who strive to establish a long-term, meaningful relationship with him. He becomes emotionally or physically absent, or “ghosts”.

Some abusers even turn a blind eye to their intimate partner’s sexual or emotional liaisons with others, allowing her to develop and maintain a parallel life as long as she continues to observe her “contractual” obligations to provide services and companionship. Such emotional absenting can take many forms: from workaholism to sexual swinging.

583.

The narcissist hates love – however and wherever it is manifested.

Thus, for instance, when his spouse demonstrates her love to their children, he wishes them all ill. He is so pathologically envious of his spouse that he wishes she never existed. Being a tad paranoid, he also nurtures the growing conviction that she is showing love to her children demonstrably and on purpose, to remind him how miserable he is, how deficient, how deprived and discriminated against.

He regards her interaction with their children to be a provocation, an assault on his emotional welfare and balance. Seething envy, boiling rage and violent thoughts form the flammable concoction in the narcissist's mind whenever he sees other people happy.

Many people naively believe that they can cure the narcissist by engulfing him with love, acceptance, compassion and empathy. This is not so. The only time a transformative healing process occurs is when the narcissist experiences a severe narcissistic injury, a life crisis.

Forced to shed his malfunctioning defences, an ephemeral window of vulnerability is formed through which therapeutic intervention can try and sneak in.

The narcissist is susceptible to treatment only when his defences are down because they had failed to secure a steady stream of Narcissistic Supply. The narcissist's therapy aims to wean him off Narcissistic Supply.

But the narcissist perceives other people's love and compassion as forms of Narcissistic Supply!

584.

The narcissist's ability to engage in a shared fantasy rests of three pillars.

The environment has to be rootless (easy to discard), fantastic or dreamlike (to uphold grandiosity), timeless (an eternal present, so that actions do not bear consequences), and boundless (no limit to

what can be done or accomplished).

The circumstances ought to be right: conducive to grandiose fantasies by yielding lots of money, sex, power, access, fame (celebrity or notoriety) effortlessly, with no commensurate investment or commitment.

The partner in the shared fantasy has to be present (to avoid abandonment anxiety), submissive, fawning, adulating, playful or childlike, mothering (or fathering as a business associate), and addicted to the narcissist.

585.

Confronted with humiliating or shaming input, the narcissist revises all his memories and creates numerous false memories. He desperately attempts to convert an external mortification to an internal one: “I made them do and say these things, so I am still godlike, in control of everyone and everything that’s happening!” This is the misinformation effect.

The narcissist has no idea what being human feels like. He has “empathy apahantasia”. That is why he needs to make sense of people, their motivation, emotions, behavior patterns, and actions by rewriting and reframing history on the fly and all the time.

586.

There is a revolutionary paradigm shift regarding personality disorders in the 11th edition of the ICD (International Statistical Classification of Diseases and Related Health Problems), published by the WHO (World Health Organization).

The Personality and Personality Disorders Work Group of the Committee of the Diagnostic and Statistical Manual, edition 5 (2013) cravenly succumbed to commercial special interests, feuds among scholars, and visceral hatred of psychoanalysis.

587.

Psychopathology: Foundations for a Contemporary Understanding, 5th ed., Routledge, 2020:

"Personality disorders are among the most difficult of disorders to treat because they involve well-established behaviors that can be integral to a client’s self-image (Millon, 2011) ...

The development of an ideal or fully healthy personality structure is unlikely to occur through the course of treatment, but given the considerable social, public health, and personal costs associated with some of the personality disorders, such as the antisocial and borderline, even moderate adjustments to personality functioning can represent substantial social and clinical benefits."

In their seminal tome, "Personality Disorders in Modern Life" (New York, John Wiley & Sons, 2004), Theodore Millon writes:

"Most narcissists strongly resist psychotherapy. For those who choose to remain in therapy, there are several pitfalls that are difficult to avoid ... Interpretation and even general assessment are often difficult to accomplish..."

The "Oxford Textbook of Psychiatry" (Oxford, Oxford University Press), cautions:

"... (P)eople cannot change their natures, but can only change their situations. There has been some progress in finding ways of effecting small changes in disorders of personality, but management still

consists largely of helping the person to find a way of life that conflicts less with his character ... Whatever treatment is used, aims should be modest and considerable time should be allowed to achieve them."

The authoritative "Review of General Psychiatry" (London, Prentice-Hall International), says:

"(People with personality disorders) ... cause resentment and possibly even alienation and burnout in the healthcare professionals who treat them ... (p. 318) Long-term psychoanalytic psychotherapy and psychoanalysis have been attempted with (narcissists), although their use has been controversial."

588.

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(From MBTI by A. Furnham - Encyclopedia of personality and individual differences, 2020 - Springer)

589.

Wrote this in 1999:

The Narcissist's Refrigerator

Imagine that your refrigerator would have constantly demanded your attention beyond rudimentary and passing maintenance. Wouldn't you be amazed and angry at it?

To the narcissist, you are a mere function, an instrument whose fate and destiny is to supply the narcissist with the attention or adulation that he requires (i.e., with Narcissistic Supply). The narcissist recognizes that he has to maintain you to a certain degree. Your performance tends to deteriorate if not properly treated. But he does his best to minimize his investment in you in terms of time and energy.

The narcissist is a highly efficient machine. Should you demand more - you will become a nuisance, a drag, a burden. The narcissist will dump you. He will disconnect swiftly and remorselessly, ruthlessly and cruelly.

The narcissist is in a constant, resource-consuming pursuit of an elusive commodity. He has nothing left for human relations. Human emotions and intimacy - constitute an inefficient allocation of resources because of their low yield of Narcissistic Supply. It is better to invest and be invested in appearances, in the False Self, in superficial interactions - these consume a minimal amount of energy and time and yield the most Narcissistic Supply per energy and time units invested.

590.

With severe emotional deficits, the narcissist may be self-aware and knowledgeable about Narcissistic Personality Disorder, but these do not lead to healing, merely to behaviour modification.
Narcissists balance a sadistic superego and a demanding and fantastic False Self. Narcissists describe themselves as machines or automata.

When they do gain self-awareness and engage in soul-searching it is in order to enhance their skills at attracting and maintaining their sources of narcissistic supply.

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When they do gain self-awareness and engage in soul-searching it is in order to enhance their skills at attracting and maintaining their sources of narcissistic supply.

The Narcissist's Warped Reality and Retroactive Emotional Content

The Narcissist's Depersonalization and Derealization

591.

The cerebral narcissist detests his body and resents it as an encumbrance and a maintenance chore. He neglects it egregiously.

Most cerebrals are also schizoids, so they derive no pleasure from any physical activity, sex included.

Everything the cerebral does is colored by this corporeal self-disavowal. He reverts to the somatic type and actually revels in profuse and imaginative sex only when he is hunting for a new intimate partner to embed in a nascent shared fantasy. Mission accomplished, he reverts to celibate hibernation.

Similarly, if he is a sadist, his sadism is likely to be psychological, not physical. Only in the somatic grooming phase, his sex is sadistic. And he is repelled by physical pain and suffering as he is revolted by anything bodily.

Why does the cerebral narcissist insist on having promiscuous and dysregulated women as his partners? Why doesn't he target asexual or sex-averse women (for example: victims of abuse or hyposexual)?

After all, he is aware of his essential asexuality. He enjoys sex only when he is grooming a new partner for an emerging shared fantasy. Once the partner is acquired and secured, he becomes celibate and loses all interest in sex. So, why go through the inevitable deception and acrimony in the wake of ineluctable sexlessness?

1. To convert his partner into a bad, persecutory object, thereby justifying and perpetuating the cerebral's morally superior victim stance (Gabay's Tendency for Interpersonal Victimhood, TIV);

2. To reenact early childhood traumas with his rejecting and absent mother;

3. To test his partner's unconditional love and allegiance;

4. To control his partner via her guilt and shame over her inevitable misbehavior with men as she seeks to cater to her most basic needs of love, intimacy, and sex;

5. It legitimizes defiance and contempt for his partner and restores a sense of grandiosity: she has to answer for her misdeeds, deceive, act, pretend, and be scared while the cerebral observes her pitiful squirming smugly and forgives her magnanimously;

6. Allowing his partner total freedom also guarantees that she will stay out of the cerebral's affairs and let him be and delight in solitary pursuits within his solipsistic black hole (schizoid style).

7. To masochistically punish himself for his self-loathing and self-hatred owing to his disabling mental illness ("bad, unworthy object"). Such women guarantee extreme pain and mortification.

8. Sadistic narcissists use sex withdrawal to punish and control their partners.

9. Choosing asexual women as partners would defeat the self-delusion of normalcy (same reason a latent homosexual gets married).

10. Sex – even the memories of the sex - guarantees addiction and continuing delusional hope, bind the woman powerfully to the cerebral schizoid narcissist and this reduces the risk of abandonment.

11. The more promiscuous the partner, the more grandiose the role of savior/rescuer is.

592.

"How can I keep my cerebral narcissist sexually active throughout our relationship?"

Answer: Approach-avoid all the time, keep him on his toes, guessing, anxious, expecting the next blow to fall. Intermittent reinforcement. Imminent abandonment. Hints at triangulation (but not actual misbehavior). He will remain hypersexed as long as you remain halfheartedly committed. Make sure

you are never taken for granted and never fully and irrevocably there. Keep your suitcases packed at all times.

“Is it true that cerebral narcissists do a lot of casual sex and cheat?”

Cerebral narcissists are asexual, so they do not cheat. But even when they are in a somatic phase, they are sexually active only during the lovebombing stage of the shared fantasy.

More generally: like all narcissists, cerebrals need to feel unique. Casual sex implies that the cerebral is just one of many, about to be discarded once the sex is over, and stripped of the locus of his superiority (his intellect), having been transformed into a mere sex object.
593.

Accustomed to “normal”, mentally healthy people, the intimate partners of narcissists and psychopaths keep probing, attempting with growing desperation and disbelief to pry open their inscrutable mates.

Move on, folks, there’s nothing to see here.

The psychopath and the narcissist are shimmering surfaces. They have no depth. Behind the alluring facade, there is only an empty, self-abandoned schizoid core. No ego and self can ever form without object relations (meaningful interpersonal interactions).

Narcissists and psychopaths are goal-oriented two-state impersonal automate, gleaming metal swamped by primitive defenses and drowning in negative emotions.

The harder one tries to get to the know the essential core of the narcissist and psychopath, the more ruinous the descent into the black hole that is their quiddity. They are entities made of all-consuming absence, a form of carbon-based antimatter.

And you can’t wrap your head around this realization that your narcissist or psychopath, the man you love with all your heart just isn’t there, he is a mere apparition, a simulacrum and simulation, not human in any possible sense of the word. You are attached to an ever-receding mirage of an oasis, shape-shifting to mirror you ideally.

Ultimately, this deep space emptiness infects and permeates you and you find yourself tumbling head over heels in the dark void of this absent soul, tethered to nothing but your impending doom.

594.

Self-sustaining self-sufficiency within firm, centred personal boundaries is a sign of a stable sense of self-worth, maturity, resilience, and inner strength: the ability to spend time with yourself, productive and content is a gift.

Self-sufficiency is intimately link to a sense of agency and personal autonomy (internal locus of control): a distinct, demarcated self; smooth, seamless, assured self-governance; and the capacity to act independently, based on free choice. These are the hallmarks of and the prerequisites to self-efficacy (Bandura): "how well one can execute courses of action required to deal with prospective situations" and extract beneficial outcomes from one’s environment, human or physical.

But self-sufficiency is often confused with insecure, fear-based, hurt-averse attachment styles: avoidance and withdrawal. Other mental health problems masquerade as self-sufficiency: the narcissist’s grandiosity, the psychopath’s defiance, the schizoid’s essential emptiness and solipsistic reclusiveness, and the borderline’s dysregulated emotions and mood lability. These are all forms of counterdependency, the exact opposite of self-sufficiency.

595.

The narcissist's intimate partners cheat on him openly, his ideas and inventions are plagiarized and stolen brazenly and contemptuously, his property is seized, his children - if he has any - made hateful and alienated. All these negative outcomes because he steadfastly refuses to commit, invest, or compromise. Why not?

1. Entitlement: "I deserve the best, the world owes me everything without any commensurate accomplishments or efforts on my part";

2. Magical thinking: "If I want something strongly enough, it will manifest and come to pass. I am immune to adversity and to the consequences of my misdeeds";

3. Schizoid core: the narcissist misreads social and sexual cues, avoids hurt, is pain and toil averse, and catastrophizes. The safest course is to shun intimacy or any committed, meaningful relationships;

4. Impostor syndrome: "I am faking it and most people are sufficiently brain dead to fall for it, hook, line, and sinker. But, one day, I am bound to be exposed and forced to move on - so, why bother?"

5. Grandiosity: "I am unique, superior, above the fray and the rat race. I don't need to prove or justify myself in any way. I don't owe a thing to anyone."

6. Self-defeating and self-destructive behaviors, a "rejection of life" (Cleckley, Guntrip, Sutherland, Seinfeld), victim mentality and comfort zone (Gabay's TIV). Self-punishment via failure and recurrent losses, narcissistic injuries and mortifications: the equivalent of self-mutilation in BPD.

596.

According to the DSM, people diagnosed with Schizotypal Personality Disorder possess "Peculiar, eccentric or unusual thinking, beliefs or mannerisms ... Belief in special powers, such as mental telepathy or superstitions ... Unusual perceptions, such as sensing an absent person's presence or having illusions."

These unusual cognitive patterns can involve counterfactual grandiosity, either narcissistic or paranoid, often involving pseudomania. This makes it difficult at times to distinguish the schizotypal from the narcissist, the paranoid, or the Bipolar patients.

A schizotypal may consider himself a revolutionary genius, possessed of superhuman or supernatural skills. Or he may erupt with unbridled insomniac energy as he seeks to implement harebrained schemes or concoct new "theories". Or he may become convinced that he is being followed, surveilled, and about to be assassinated.

Disorganized thinking and speech are common in these phases as the schizotypal slides perilously close to schizophrenia.

597.

NEW STUDY: Many Victims are Dark Triad

"New research provides evidence that narcissism, psychopathy, and Machiavellianism — maladaptive personality traits known as the "Dark Triad" — are associated with overt displays of virtue and victimhood. The study suggests that people with dark personalities use these signals of "virtuous victimhood" to deceptively extract resources from others."

("Signaling Virtuous Victimhood as Indicators of Dark Triad Personalities", was authored by Ekin

Ok, Yi Qian, Brendan Strejcek, and Karl Aquino, Journal of Personality and Social Psychology, American Psychological Association, May 2020)

ANIMAL EMPATHY

Do Animals Have Feelings? Examining Empathy In Animals
Posted April 3, 2019 by UWA | Psychology and Counseling News

NEUROSCIENCE VINDICATES FREUD

Sigmund Freud's theories are often dismissed by neuroscientists, but Mark Solms argues that they are in fact relevant to today's brain research.

TRUE ALPHA MALES (and Females)

"True alphas, ... are fearless protectors against outside incursions, but they rarely have to assert themselves within the pack, rarely have to act with aggression, bark orders, or use physical means of control."

(From "Caste: The Origins of Our Discontents by Isabel Wilkerson")

SCHIZOTYPAL PERSONALITY.

598.

Healthy, normal people base their decisions - mate selection included - on weighing risks or costs against projected rewards (opportunity cost and risk to reward ratio).

Their long-term commitment, investment, and ability to compromise are commensurate with an anticipated stream of benefits emanating from unique (non-fungible) human partners.

Narcissists and psychopaths base their decisions on a "prize to price" calculus (the prize - the goal - is worth or not worth the price).

The prize to price approach is short term, reductionist (focused on a single aim or outcome), and either coercive or avoidant (when "the prize is not worth the price").

In this strategy, commitment, investment, and compromise are minimal and people are interchangeable and commodified.

599.

Narcissist's 4 Secret Buttons: 1. Precocious Child (prodigy); 2. Conquering Hero (superman); 3. Father Guru; and 4. Divinity (Old/New Testament).

Narcissists are agents of chaos and madness because they force you to think and reflect

Schizoid cerebral narcissists are gamma men.

600.

Why remain in an abusive, dead relationship, constantly betrayed, humiliated, and reduced? Because multiple relationship failures in your past had convinced you that you can do no better, so why bother to try again, with someone else?

If you have a personality disorder, such gloomy self-disparagement is fully justified and realistic: all future liaisons are doomed to end in acrimony, cheating, and hurt.

Why not remain single then? Isn't it preferable to the hell of a dysfunctional dyad? It is - and most mentally ill people indeed end life alone, in a schizoid state.

But some narcissists require a shared fantasy with an insignificant other in order to avoid decompensation and depression. They settle for anything on the table, however lurid and degrading and render themselves unboundaried doormats.

Ironically, this very prostration drives their partners away, disgusted, disappointed, and angry at themselves for having settled for a spineless worm rather than a man. Having been repeatedly damaged, they recoil from any attempt by the errant narcissist to hoover, lovebomb, or groom them into a new round of approach-avoidance.

Sooner or later, this kind of narcissist is abandoned, time and again, until it is too late for him to find the next willing collaborator in his charade of a life unlived.

601.

Download checklists here: https://samvak.tripod.com/sharedfantasysignstests.pdf

ROMANTIC JEALOUSY TESTS

1. When the narcissist "loves" a woman, he socializes with her friends and family as well – if he does not love her, he rejects them, too.

2. When the narcissist loves a woman, he reacts to triangulation. If he does not love her, he does not react at all with jealousy, competitiveness, or possessiveness.

3. Women conform to the narcissist's expectations and mould themselves in order to please him: women he loves play the sluts, women he does not love act as homely service providers

MORTIFICATION SIGNS

The mortified narcissist says:

(1) I am abusive (sadistic), crazy, and my own worst enemy (I inflict unendurable pain on myself by knowingly driving women who I love to cheat on me with predators or otherwise betray and abandon me);

(2) Even quasi-"men" are vastly preferrable to me (I am irredeemably disabled and inferior, not superior, infantile, not a man at all);

(3) I disrespected and berated myself, so people disrespect, fear, hate, and are revolted by me;

(4) I am not loved, not safe, and my needs and health are no one's priorities: even my most profound need weighs less than the most trifling desire or wish of my "nearest" and "dearest";

(5) The shared fantasy, post-traumatic state, dissociation, impaired reality testing, grandiosity, and dysempathy render me gullible, gaslighted, and an easy mark.

602.

There is always a discrepancy between one's chronological and emotional or mental ages. When the gap is inordinately big, regressive infantilization sets it (Puer Aeternus or Peter Pan Syndrome).

This happens when the child is not allowed to separate from the parent, establish personal boundaries, and become an individual. The primary objects (caregivers) objectify, idolize, instrumentalize, or parentify their offspring or violate the boundaries via more classical forms of abuse (sexual, psychological, verbal, or physical).

The Ego or Self constellate and integrate via repeated exposure to bruising reality and via external object relations with people. Absent these, one feels estranged from one's life and cannot own it ("whose life is it anyhow).

Unable to inhabit his own life, alienated and confused, the adult retreats into familiar modes of infancy and remains fixated there.

603.

History of the Inner Child Concept

Developmental needs meeting strategy (DNMS)

Working with the Inner Child

Procedural memory

Transference to people on whom we depend: intensity of reactions disproportional

Children seek to influence a grownup to solve problems magically

View of adulthood: all work and no play, I am a fraud (pretending to be an adult)

Dysfunction is coming from an inner child

Carl Rogers corrective emotional experience

Affect Avoidance Model

Adult reactions more self-efficacious

Values militate against childlike (shame, anger, self-punishment, and repression)

Intrusive

Adult reshaping child content, growth and integration

604.

Can you trust a professional who is a narcissist? A medical doctor, a lawyer, or a psychologist, for example?

The answer is: it depends on the locus of his (or her) grandiosity.

If the narcissist is invested in his career accomplishments and professional integrity as the engines and underpinnings of his superiority - you are safe. Such a narcissist will provide impeccable service and will act ethically.

If, however, the narcissist is sadistic or psychopathic ("malignant"), you are in trouble.

He will abuse the access you grant him to your body, mind, finances, property, and life to secure his own goals: money, sex, the pleasure of your pain, or power over you and, often, over your nearest and dearest.

605.

You had been VICTIMIZED, you are not A VICTIM. Trust your intuition, it will never guide you astray. Work on your issues. Get the abuser out of your mind, not only out of your life.

Caroline Strawson's YouTube channel.

606.

“Koroshi” in Japanese is death by overworking. Herbert Freudenberger coined the term burnout in 1974. The ICD 11 recognizes burnout as an “occupational phenomenon”.

Workaholism has negative consequences: job stress, work-life imbalance, interpersonal difficulties, burnout, workplace conflict, and adverse health outcomes.

Presentation to the 33rd International conference on Mental and Behavioral Health, March 2021

607.

In my line of work, I come across evil a lot. It is multifarious and cunning and often unidentifiable. You know you had been exposed to it when you shower compulsively after the encounter, to cleanse yourself.

Evil is not only the psychopathic, sadistic, premeditated sort. Evil has numerous faces.

Evil is in every power play, when winning is set above happiness and above life itself.

Evil is in being weak, spineless, unboundaried and giving your body away promiscuously and your mind away obsequiously.

Self-contempt, self-loathing, self-hatred, and dysregulation are all forms of evil: psychopathy in these cases is just a heartbeat away. She who despises and disrespects her body and mind is bound to abuse the bodies and minds of others.

Indifference to the sufferings and needs of others is evil - as is suffering and neediness themselves. Flat affect, flat attachment, making excuses for or minimizing bad or self-destructive misconduct, and an unmitigated lack of self-awareness are the marks of this beast.

The distractions that cause apathy and render calamities a mere form of entertainment is wicked.

Valuing the inanimate and the material and the dead above the living is the epitome of malice.

Egotism is evil reified.

Evil rubs off on you, it is contagious. Cleanse yourself. Avoid it, no matter the temptation, regardless of the costs. Evil often masquerades as dazzling beauty or unfathomable wisdom - yet, it is their anathema.

608.

The psychopath tends to see life and interactions with people as zero sum, winner takes all conflicts.

Consequently, he is hypervigilant. He scores points, he wins, he loses, constantly alert as to who is having the upper hand.

The psychopath never feels shame or remorse when he MISBEHAVES - only when he is caught red-handed or shows a weakness or a vulnerability to the "adversary".

The psychopathic borderline is not INTENTIONALLY evil. She IS evil. Like a virus or a tigress: she kills not because she is malicious - but because she IS. Never mind her kind intentions and solemn promises - she can't help it, it is not up to her.

609.

Sexual promiscuity is often coupled with what I call "life promiscuity": throwing away one's life (not only one's body) as if it were meaningless, worthless, and disposable. Cleckley called it "a rejection of life", Seinfeld (the psychoanalyst): "a life unlived".

This dual promiscuity is a common feature of psychopathy. The psychopath casts away himself, his prospects, accomplishments, future, and "nearest and dearest" like so much trash.

Hallmarks of life promiscuity:

The psychopath may be educated, but he is DUMB, NOT intelligent. His decisions are not merely extremely self-defeating, but inane and utterly random, lacking any organizing principle.

He has:

No insight of any kind into his motivations (actual and pseudo-stupidity).

Flat affect: even when he rages, it is instrumental and goal-oriented. Otherwise, he expresses and experiences no emotions whatsoever.

A dumbfounding lack of self-awareness coupled with counterfactual reframing and outright self-deception and denial. . The evasiveness is infuriating because it closely mimics passive-aggressive gaslighting.

No boundaries whatsoever and no respect or recognition of others' boundaries.

Zero self-respect: incapable of shame, guilt, or remorse.

He is prone to substance abuse: he is typically both a junkie and an alcoholic.

The psychopath resembles an animal, possessed of only the most basic reflexes and drives. Sex. Eat. Drink. Nothing sublime or transcendental. Constantly bored and in search of stimulation and excitement.

No higher functions. No intellectual life. No interests or hobbies. No conversation ("flat speech"): dismissive one-liners with no depth or background. As dull as drying paint.

Most psychopaths know that they have little else to offer, so that's why they head straight to sex, their only alleged endowment. If borderlines traits are present, they confuse sex with relatedness, belonging, and being loved or appreciated.

But even sex requires imagination, empathy, maturity, reciprocity, and creativity. So, sex with the psychopath is mechanical and uninspired.

Cleckley described psychopathy as the "Mask of Sanity". It is even more profound - or shallower - than this: only the mask exists. The psychopath is a 3D glitchy simulation of a human being gone awry, the ultimate corrupted simulacrum.

610.

Why do narcissists, psychopaths, borderlines, and schizoids infuriate us? Why do they bring out the aggressive worst in us?

611.

YOU are REFRAMED IN THE SHARED FANTASY

Narcissists reframe the way they perceive promiscuous partner to render them fit for the shared fantasy.

Extreme promiscuity reframed as having been sexually exploited or abused (to preserve the woman's essential "goodness") – this triggers the rescuer/savior in him.

Emotional stunting (infantilization) – this allows him to render her dependent and submissive.

Lack of insightful self-awareness – this allows him to play the role of guru or father.

Dissociation – this allows him to construct a fake biography of the woman conducive to idealization in the shared fantasy.

Denial, literal thinking – this legitimizes his aggression.

Adulation or acknowledgment of his superiority. The combination of malicious total devaluation and self-trashing promiscuity with others (transforming him into a mere statistic, an indistinguishable conquest) causes severe injury, even mortification.

Easier to dump primary psychopathic borderlines than secondary ones because they are malicious.

612.

Personality and Individual Differences, Volume 177, July 2021, 110780

Narcissism through the lens of performative self-elevation

"We conclude that grandiose narcissism is better understood as one manifestation of the high self-regard exhibited by a related condition - psychopathy. Conversely, vulnerable narcissism actually is narcissism proper, a behavioral adaptation to cope with and to mitigate the suffering imposed by insecurities about oneself."

http://www.narcissistic-abuse.com/faq66.html (1999)

Narcissism is ego discrepant and compensatory. Compensatory NPD criteria according to Dave Kelly ((http://www.ptypes.com):

"Compensatory Narcissistic Personality Disorder is a pervasive pattern of unstable, covert narcissistic behaviours that derive from an underlying sense of insecurity and weakness rather than from genuine feelings of self-confidence and high self-esteem, beginning by early adulthood and present in a variety of contexts, as indicated by six (or more) of the criteria below."

The Compensatory Narcissistic Personality Type:

• Seeks to create an illusion of superiority and to build up an image of high self-worth [Millon];

• Strives for recognition and prestige to compensate for the lack of a feeling of self-worth;

• May "acquire a deprecatory attitude in which the achievements of others are ridiculed and degraded" [Millon];

• Has persistent aspirations for glory and status [Millon];

• Has a tendency to exaggerate and boast [Millon];

• Is sensitive to how others react to him, watches and listens carefully for critical judgement, and feels slighted by disapproval [Millon];

• "Is prone to feel shamed and humiliated and especially (anxious) and vulnerable to the judgements of others" [Millon];

• Covers up a sense of inadequacy and deficiency with pseudo-arrogance and pseudo-grandiosity [Millon];

• Has a tendency to periodic hypochondria [Forman];

• Alternates between feelings of emptiness and deadness and states of excitement and excess energy [Forman];

• Entertains fantasies of greatness, constantly striving for perfection, genius, or stardom [Forman];

• Has a history of searching for an idealised partner and has an intense need for affirmation and confirmation in relationships [Forman];

• Frequently entertains a wishful, exaggerated and unrealistic concept of himself, which he can't possibly measure up to [Reich];

• Produces (too quickly) work not up to the level of his abilities because of an overwhelmingly strong need for the immediate gratification of success [Reich];

• Is touchy, quick to take offence at the slightest provocation, continually anticipating attack and danger, reacting with anger and fantasies of revenge when he feels himself frustrated in his need for constant admiration [Reich];

• Is self-conscious, due to a dependence on approval from others [Reich];

• Suffers regularly from repetitive oscillations of self-esteem [Reich];

• Seeks to undo feelings of inadequacy by forcing everyone's attention and admiration upon himself [Reich];

• May react with self-contempt and depression to the lack of fulfilment of his grandiose expectations [Riso].

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Riso, Don Richard. Personality Types: Using the Enneagram for Self-Discovery. Boston: Houghton Mifflin [1987] pp. 102-3.

Speculative Diagnostic Criteria for Compensatory Narcissistic Personality Disorder

A pervasive pattern of self-inflation, pseudo-confidence, exhibitionism, and strivings for prestige, that compensates for feelings of inadequacy and low self-esteem, as indicated by the following:

• Pseudo-confidence compensating for an underlying condition of insecurity and feelings of helplessness;

• Pretentiousness, self-inflation;

• Exhibitionism in the pursuit of attention, recognition, and glory;

• Strivings for prestige to enhance self-esteem;

• Deceitfulness and manipulativeness in the service of maintaining feelings of superiority;

• Idealisation in relationships;

• Fragmentation of the self: feelings of emptiness and deadness;

• A proud, hubristic disposition;

• Hypochondriasis;

• Substance abuse;

• Self-destructiveness.Compensatory Narcissistic Personality Disorder corresponds to Ernest Jones' narcissistic "God Complex", Annie Reich's "Compensatory Narcissism", Heinz Kohut's "Narcissistic Personality Disorder", and Theodore Millon's "Compensatory Narcissist".

Internet and localized grooming are an exponentially growing scourge.

About half of all minors between ages 12-17 are accosted online by sexual predators. One of every ten sext with these adults who rarely hide their identity and intentions. In one third of the cases (3% of all teenagers), an offline meeting is discussed and 1 in 300 adolescents proceed with the express and premeditated intention of having sex with their interlocutors. They are then often subjected to group sex, prostituted, and handed alcohol and drugs.

These underage outliers have only two things in common: 1. A fervent wish to belong to and be loved by a substitute "family" (the real one is dysfunctional and neglectful); and 2. A dark triad personality which becomes more pronounced and diagnosable as they grow up. Their dysregulated and overwhelming sexual curiosity in puberty aligns with these nascent disorders.

These kids learn that the "love" offered by the predator was exploitive and fake. But they also come to realize that they can use sex to manipulate people, wield power over them, and control others.

The unspoken taboo conundrum is this: psychopathy and borderline traits involve partly hereditary brain abnormalities and can be diagnosed even in childhood (conduct disorder). Could these flaws have propelled these specific children to seek and even initiate precocious sex with like-minded predatory adults?

Internet and localized (offline) grooming leading to actual sex had been associated with promiscuity, depression, and anxiety in later life. But promiscuity, depression, and anxiety (including social anxiety) are frequently dually diagnosed with psychopathy and BPD even when these experiences are lacking. It is impossible to prove causation in this convoluted psychological landscape. Precocious sex may simply be an early example of psychopathic acting out.

614.

The classic borderline woman (diagnosed with Borderline Personality Disorder, or BPD) turns into a secondary psychopath only when she faces rejection and abandonment, real, perceived, or anticipated.

The secondary psychopath has empathy and emotions, but her behaviors resemble those of the primary psychopath: reactance/defiance, recklessness, no impulse control (impulsivity), aggression, vindictiveness, and other forms of antisocial conduct.

The psychopathic (and the covert) borderline are primary psychopaths who display borderline traits and behaviors only in intimate settings.

When in a committed relationship, they tend to be emotionally dysregulated, approach-avoidant, mood labile, object inconstant, idealizing-devaluing, and grandiose.

615.

People with high-functioning autism lack empathy and engage in criminal behaviors. Are they psychopaths? Narcissists?

Autism is not caused by vaccines, that much we know. But is it caused by bad parenting?

Refrigerator Mothers

The concept of “refrigerator mothers” has been long debunked. Autism is a brain disorder and possibly hereditary. It is not linked to bad parenting. But a dead, narcissistic mother can cause her autistic child to defend himself by developing narcissism.

ADHD has been intimately linked to the precursors in children of adult narcissism and psychopathy: conduct disorder and oppositional defiant disorder (ODD).

A bad, dead, cold, mother fosters in the autistic child narcissistic defenses and in her other children attention deficits, hyperactivity, and antisocial behavior. These dysfunctions make it difficult for the child to translate his/her reflexive empathy into mentalizing a theory of mind. Early childhood abuse and trauma, therefore, inhibit the development of a mature form of empathy, with cognitive and emotional components.

There are three problems with raising awareness and educating people about Autism Spectrum Disorders:

1. We don't know the aetiology of autism (what causes it) and whether the brain abnormalities often observed in autistic patients cause it, are caused by it, or are merely correlated (effectuated by a third, common factor);

2. Autism is a family of disorders which have little in common with each other. Some autistic persons are high-functioning and accomplished, others self-harm, are hypersensitive to stimuli, and noncommumicative; and

3. The long-discredited, "refrigerator mother" theory blamed emotionally unavailable, "dead", or "frigid" mothers for the pathogenesis of autism in their children. This deterred parents from seeking help.

The ignorance, taboos, stigma, biases, prejudices, and lack of evidence-based theories and practices that pervade mental health apply even more so to autism.

616.

Catastrophizing can be reconceived as a “flashback” from the future, a portentous revividness of adverse worst case scenarios. It is common among people with mental health issues, especially personality and mood disorders.

Psychosis, delusional disorders, and paranoia are desperate attempts to maintain touch with the world. Similarly, the schizoid cores of narcissists and psychopath seek to preserve object relations via dysfunctional behaviors.

Catastrophizing plays a crucial role in all these cases: the perception of reality as hostile and of people as persecutory objects. The various defenses deployed against these bothersome intrusive realizations - such as hypervigilance or grandiosity - constitute the crux of the mental illness.

617.

Borderline Personality Disorder is s form of CPTSD (complex trauma) and, in many cases, gives rise to compulsive sexual ideation and hypersexuality (“sex addiction”).

In early childhood, the Borderline had learned to associate sex, pain, and love inextricably, sometimes owing to a history of childhood sexual abuse. Hereditary brain abnormalities are at play, too, predisposing the child to develop emotional dysregulation and mood disorders and lability.

The Borderline sexualizes her emotions and her needs: to be loved, to belong and be accepted and valued, to feel safe, empowered, irresistible, in control, and “at home”.

Even in one night stands turned ugly - and she goes through many of these - she is likely to embed the dissonant experience in a fantastic narrative of love, redemption, and rescue.

Her litany of failed relationships - the inevitable outcomes of selecting for all the wrong mates - predisposes the Borderline to anticipate the worst: acrimonious and agonizing abandonment and rejection. She often cheats her way out of such calamitous dyads.

She catastrophizes in all her liaisons and then, at the first sign of discord or sexual rejection, she decompensates and acts out: becomes violent, promiscuous, deceitful (cheats), or psychopathic (defiant, impulsive, dysempathic, and reckless).

To cope with overwhelming shame and guilt having egregiously misbehaved, she dissociates: becomes amnesiac, depersonalizes, or derealizes.

Loving the Borderline is an amazing, fantastic, and deeply hurtful experience.

618.

People with personality disorders who are high-functioning are very disconcerting: they compartmentalize their promiscuous, antisocial, addictive, sadistic, and defiant behaviors.

During the day, they are competent professionals, diligent students, pillars of the community, responsible citizens and fathers or mothers, loving husbands or wives, and thriving entrepreneurs.

Come evening, the mask drops, the drink and drugs are out, replete with dissolute reckless sex with virtual strangers, gambling, or any number of self-trashing and dysfunctional, even self-destructive behaviors.

What baffles scholars is that all these self-states are a part of the personality. There is no faking involved. The switching is abrupt but seamless. Dissociation is often involved, but never to the point of rupturing continuous autobiographical memory and core identity.

Cleckley called it the “Mask of Sanity”. It challenges everything we thought we knew about psychology.

619.

Women who possess both strong, unfulfilled maternal instincts and abandonment anxiety find in the narcissist the perfect solution: a child who will never grow up and separate from them.

These intimate partners subtly encourage the narcissist’s infantilization, immaturity, learned helplessness, and dependency.

They frown upon and disincentivize - even punish - any attempts to transform, break away, or display adult behaviors (including having sex).

Sometimes, they even give up on having children of their own to dedicate themselves exclusively to this “safe” child at home.

620.

The antinarcissist is a masochistic covert narcissist. His grandiosity is founded on failure, defeat, self-annihilation, and self-destruction as he seeks to merge with his empty schizoid core.

The grandiose narcissist someone switches to the antinarcissist masochistic covert state.

621.

He who fights with monsters might take care lest he thereby become a monster. And if you gaze for long into an abyss, the abyss gazes also into you." - Nietzsche (Beyond Good and Evil: Prelude to a Philosophy of the Future (1886), Chapter IV. Apophthegms and Interludes, §146).

622.

Presentation to the 25th International Conference on Neurology and Neurophysiology, April 5, 2021

New directions in PTSD research: 1. Reconceiving of personality disorders as post-traumatic conditions; and 2. Externalized PTSD results in acting out or experiential avoidance while internalized PTSD may lead to emotional dysregulation, flashbacks, emotional numbing, reduced or inappropriate affect display, or emotional detachment.

623.

Three types of Borderline shared fantasy: Fairy godmother, Princess, Damsel in distress. Each fantasy hails a different type of intimate partner: Beneficiary of largesse, Fawning subject, Rescuer/savior.

The Borderline snapshots her intimate partner as a persecutory object and this inexorably leads to decompensation acting out (=borderline mortification).

The narcissist's shared fantasy involves perfect love and adulation. It attracts intimate partners who are willing to play the roles of fan, playmate, and mother.

The narcissist first snapshots his intimate partner as an idealized object and then – as she diverges from the snapshot – converts her to a persecutory object, which induces mortification.

Discrepancies in the shared fantasy provoke the narcissist to become a primary (F1) psychopaths and the borderline is rendered a F2 (secondary) psychopath.

624.

Recklessness and fantasy are both clinical features of Borderline Personality Disorder (BPD). As a form of self-mutilation and self-trashing, Borderline women often place themselves in harm's way with relative strangers and end up being defenseless and sexually assaulted.

Having been raped, they then use fantasy to defend against the trauma and resolve the cognitive dissonance ("I initiated it, I wanted the sex, he was attractive, I thought we could have a relationship").

To prove the point, they may even meet and have sex with the attacker again.

Fantasy characterizes the Borderline's intimate relationships as well. But her self-destructiveness, emotional dysregulation, and mood lability are such that she always sabotages what she has.

As reality intrudes on the fantasy (which the Borderline finds intolerable and anxiety inducing), she begins to devalue the partner and act out egregiously. The resulting deterioration in the quality of the bond justifies bouts of cheating on the partner and reckless self-trashing, on the way to a new man within the next fantasy.

625.

Reactance in personality disorders often masquerades as “boundaries”. The psychopath’s defiance and contumaciousness, for example, can be easily mistaken that way.

True personal boundaries are endogenous and proactive. In other words, they are not triggered by the environment, they are immutable certainties and givens, emanating from a healthy and stable sense of self-worth. They are forms of internalized self-defense.

Fake boundaries are reactive to events and people, hair-triggered by them, are inconstant, and do not reflect any inner reality or processes. They are forms of externalized aggression.

626.

Psychopaths: no switching and self-trashing promiscuity.

Sexual Masochism: Self-trashing in BPD, Cleckley (psychopathy).

Feeling bad/trashed leads to sexual arousal.

Self-trashing strategies:

Despoiling
Cheating (shame, guilt, immoral “bad object”)
Substances
Inappropriate mates

Cluster B personality disordered patients are goal oriented.

All goals forms of supply: abandonment (BPD), sadistic narcissistic supply (NPD), money-sex-power (AsPD).

Each personality disorder has its own form of Supply:

HPD (Histrionic PD) – Derive their supply from their heightened sexuality, seductiveness, flirtatiousness, from serial romantic and sexual encounters, from physical exercises, and from the shape and state of their body;

NPD (Narcissistic PD) – Derive their supply from garnering attention, both positive (adulation, admiration) and negative (being feared, notoriety);

BPD (Borderline PD) – Derive their supply from the presence of others (they suffer from separation anxiety and are terrified of being abandoned);

AsPD (Antisocial PD) – Derive their supply from accumulating money, power, control, and having (sometimes sadistic) "fun".

Borderlines, for instance, can be described as narcissists with an overwhelming fear of abandonment. They are careful not to abuse people. They do care deeply about not hurting others – but for a selfish motivation (they want to avoid rejection).

Borderlines depend on other people for emotional sustenance. A drug addict is unlikely to pick up a fight with his pusher. But Borderlines also have deficient impulse control, as do Antisocials. Hence their emotional lability, erratic behavior, and the abuse they do heap on their nearest and dearest.

627.

https://www.youtube.com/watch?v=qF5t3bQdGnQ

Lisa writes:

Perhaps the most neglected field in the study of Narcissism is: What can We as Individuals and as a Society do about it?

The guest this week is Professor Dr. Sam Vaknin who is the author of Malignant Self-love: Narcissism Revisited.

Sam's Bio - https://samvak.tripod.com/cv.html

Sam's Book - Malignant Self-love: Narcissism Resisted - https://samvak.tripod.com/thebook.html

Sam's Youtube Channel - https://www.youtube.com/samvaknin

Vakninmusing Youtube Channel - https://www.youtube.com/user/vakninmusings

00:00 Channel Introduction

00:26 Dr. Sam Vaknin Introduction

02:33 Correction on Narcissistic Supply

02:47 Definitions: Primary Narcissism, Secondary Narcissism, NPD

04:49 Distinctions between NPD and Narcissistic Style

06:06 NPD and Comorbidities

07:55 Healthy Narcissism

08:40 Reality Testing

09:37 Jung and Constellation of the Self

10:00 Separation and Individuation

11:41 Empathy

12:36 Cold Empathy

14:14 Narcissist are Selfless

14:36 Genetics and NPD

15:07 Reconceive Narcissism

15:55 Grandiose Narcissist

16:10 Primary and Secondary Psychopaths

17:09 Reconceiving Paranoid Disorder as Narcissism

17:52 ICD 11 - Only One Personality Disorder with Emphasis

18:58 DSM Being Antiquated

20:03 DSM - Alternate Model

20:47 Growth of Narcissism

21:33 Debate on the Rise of Narcissism

22:22 Sublimation and Collective Channels

24:40: Manifestations on Narcissism

26:02 The Death Cult and Valuing the Inanimate

26:33 Narcissism and Psychopathy as Positive Adaptions

27:12 Historical Traumatic Events

27:37 Complex/Repeated Trauma

28:51 Adaptation to Survive and Thrive

29:09 Walking Zombies and Flat Effect

29:47 Alternative Reality and Escapism

30:53 Resilient

31:04 Smartphones, Facebook, Subverted Language, Malice

33:20 Narcissistic Abuse

35:50 Introject

39:54 Trauma Bonding, Intermittent Reinforcement, Insecurity

41:16 Hall of Mirrors

43:23 Complex PTSD

48:48 Hope and Recovery is a Process

49:59 Self-styled Experts/Coaches/Gurus Perpetuating Victimhood

51:41 Taking Responsibility and Opportunity to Move Forward

52:13 What Can We Do About It?

52:33 Grandiosity, Entitlement, Lack of Empathy, Exploitativeness

55:40 Nothingness and Anti-narcissism Movement

57:20 Societal Level

59:51 Start at Home

1:00:31 Institutions vs. We Are Alone

1:02:33 Recreate Society

1:04:13 Diminishment

1:04:43 Fake Empowerment

1:06:23 Dating

1:08:58 Exit Movement

1:09:53 Social Media Consequences and Regulations

1:12:49 Be You, Don't Act

1:14:18 The Society as a Spectacle

1:15:11: Make Coffee Authentically

1:15:47 Please Leave a Comment

628.

Narcissists and psychopaths are an imitative “surface” only: there is no depth, just an empty schizoid core where a person should have been. They are carbon-based simulations.

As Hervey Cleckley noted already in 1942, these mutants prefer sexual self-trashing to normal sex and to mainstream trashing (BDSM).

Sexual SELF-trashing is defiant and reckless: it is assertive and involves self-efficacious agency, even when it is ego dystonic. By contradistinction, sexual trashing by OTHERS is an entirely submissive, even self-annihilating role which involves total objectification and ritualized helplessness.

Self-trashers and subs are easily mistaken for each other. Narcissists and psychopaths can never enjoy being the bottom masochistic sub: they need to control and to defy. They self-trash to gratify their masochism.

Narcissists and psychopaths view the world, sex included, as a zero sum game.

When they regard themselves as inferior or superior to a potential sex partner, they gravitate impulsively towards self-trashing casual sex.

When the possible mate is perceived as an equal peer, they decline to have a one night stand and instead insist on grooming, lovebombing, and an ensuing shared fantasy.

As narcissism and antisocial traits and behaviors become more normative and widespread, sexual self-trashing is rendered a common practice at least in the forms of "meaningless and emotionless sex" and flagrant serial cheating.

629.

Like the schizoid and the narcissist, the Borderline has fantasies and intrusive dreams of socially condemned sex. She recklessly places herself repeatedly in harm's way.

To counter the ego-dystony provoked by her sexual exhibitionism and extreme self-trashing, she fantasizes that the man or men, even in a one night stand or group sex, care about her, or "love" her.

She idealizes ("snapshots") these sexual predators and interacts with the internalized objects rather than with the brutish and revolting - or even dangerous or risky - reality.

She weaves a narrative which she knows is fictitious, but which allows her to pretend, make-believe, and dream.

Any manifestation of "kindness" – an "expensive" date, free drinks or drugs, a place to crash in for the night, flirting and courting, attentiveness, succor, affection, or outright physical intimacy – is incorporated into the fantasy and legitimizes her actions.

Conversely, abuse, indifference, avoidance, nastiness, or malice render her sex averse because they shatter the fantasy and thus deny her the possibility to express her core psychosexuality safely (for example: with a partner) and ego-syntonically (legitimately). In this she differs from masochistic women and from subs (bottoms) in BDSM.

Thus confronted with rejection, the Borderline becomes pseudo-stupid and passive-aggressive or antisocial (secondary psychopath).

When the Borderline's partner is as prone to fantasy as she is or when he misreads her psychology entirely, she embarks on fantastic "relationships" that are founded on sex but misinterpreted as love.

Having misjudged the nature of the liaison and faced with the exigencies of reality, she again resorts to fantasy. She ends up being discarded, or cheats on her "intimate" (but sexless) partner within a new fantasy action figure.

630.

Psychosexual sadists are hard-pressed to find sexual partners nowadays. Psychosexual masochists are an extinct species: women had become assertive, defiant, autonomous, and emancipated.

Contemporary women demand reciprocity, consent, and a negotiated consensus before any sex act.

Even subs (bottoms) in BDSM are boundaried and maintain control over the proceedings. Sexual self-trashers are psychopathic, devaluing, and defiant - the exact opposite of the sadist's wish list.

The sadist's ideal partner regards him as a deity, obeys him instantly and unthinkingly, has no boundaries and no agency, his will supplants hers. She expresses no wishes or preferences, demands nothing, and places her body at the unmitigated disposal of her partner to do with as he desires and when he pleases, alone or with others.

Good luck finding such a woman even in the remotest corners of the developing world. Psychosexual sadists have been forced into involuntary celibacy (incel) by women's lib.

631.

Most patients diagnosed with BPD lose the diagnosis spontaneously or with the help of DBT, but retain the dysfunctional behaviors associated with it.

Robert S Biskin
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632.

The thing that amazes me the most about narcissists is the DISCONNECTS, the disparities, incongruities, and discrepancies.

Between their self-awareness and the utter lack of transformative insight

Between their often towering intelligence and their ubiquitous pseudo-stupidity

Between the sagacious wisdom which many of them possess and display – and their pervasive inanity

Between their goal-orientation and their ultimate and ineluctable failures

Between their non-existent positive emotions and their disproportionate negative ones

Between their innate emptiness and their prodigious creativity

Between their ability to emulate love and their inability to consummate it

Between their unmitigated self-sufficiency and their total dependence on others (for narcissistic supply, as parental figures in a shared fantasy, etc.)

The cognitive-linguistic-analytical capacity of a brilliant man or woman coupled with the unboundaried emotional immaturity, impulsivity, reactance, and pseudo-naivety of a child aged 8-11.

Harvey Cleckley called it the “Mask of Sanity”.

633.

Women diagnosed with Histrionic Personality Disorder (HPD) are actually “frigid” (hyposexual). Their flirtatiousness, provocative attire, inviting body language, and seductiveness mask an indifference to sex, aversion to intimacy, and an addiction to power plays (conquests and attention).

Promiscuous and sexually self-trashing women often disinhibit themselves with alcohol in order to overcome social phobia, an avoidant or schizoid personality, and anxiety (“shyness”).

What you see in mental health is rarely what you get!

634.

Approach-avoidance is a form of repetition compulsion. It is common in many personality disorders, especially in the cluster B ones and also among victims of complex trauma (CPTSD).

Hypervigilance causes the approach-avoidant to catastrophize the outcomes of relationships and then preempt abandonment by acting first.

Narcissists also use projective identification to coerce their intimate partners to act as bad, persecutory objects and reenact early childhood conflicts with parental figures. The intimate partner’s eventual acting out justified the narcissist’s ultimate withdrawal.

635.

Unlike normal people, narcissists and psychopaths are motivated by the environment, not by any internal process or psychodynamic. They are empty shells (schizoid cores) and so derive all ego functions, scripts, and choices from the outside.

Normal people respond to needs, emotions, cognitions, impulses, and moods as well as to external inputs or feedback.

So, when you ask “neurotypicals”: “Why did you act this way?”, they are likely to describe motivations that are mixtures of internal and external factors. “I had a need … wanted to … felt it … hoped …”

Asked the same question, a psychopath would respond by saying: “He did this, so I did that” or “the circumstances made me do it and justified my actions” or “I don’t know why I did it, maybe I shouldn’t have”.

When the psychopath and narcissist express insight (“What I did was wrong”), it is not accompanied by any emotional correlate and so does not result in learning or in the modification of future, similar, self-defeating or self-trashing behaviors (“repetition compulsion”).

Ironically, defiant, contumacious, and reckless as they are, narcissists and psychopaths are non-autonomous (have an external locus of control). They are like driftwood in a gale: propelled to act in ways which are apparently whimsical and incomprehensible above all to themselves.

636.

Presentation to the 33rd Edition of International Conference on Psychiatry and Mental Health

Most patients diagnosed with BPD lose the diagnosis spontaneously or with the help of DBT, but retain the dysfunctional behaviors associated with it. Same goes for NPD and AsPD.

This raises two questions:

1. What is the meaning of "healing" when the dysfunctional behaviors persevere?

2. Why this disconnect?

Answers:

Healing is a permanent alteration in the clinical profile of the patient and in her psychodynamics. In healthier clients, it induces behavior modification. But not in cluster B. In cluster B it is an either/or proposition: behavior modification OR healing.

The reasons for the disconnect: dissociative self-states (subpersonalities, pseudoidentities) in these post-traumatic conditions, anxiety, rich fantasy life, identity disturbance, reactance, external locus of control (outsourcing ego functions), learned helplessness (low personal autonomy and self-efficacy).

637.

PROBLEMS in DISCOURSE of SEX

No such thing as man, woman, just people (unigender, gender vertigo)

Language male POV: penetration, not engulfment

Studies only of college students, mainly in North America

TRENDS IN HOOKUPS

Decline in vaginal, increase in oral, anal: influence of porn

Desexing of oral sex (“not sex”)

Compulsive sexting on the rise, strongly associated with dark triad traits

Increase in distress, depression, anxiety: few want to hookup (they prefer relationships), but everyone pressured to do so as bon ton and cool

Hookups typically with extreme substance abuse intended to disinhibit

Double standard prevails

GENERAL TRENDS

Decline in relationship formation (incl. FWB), marriage

Moreover, as number of sex partners increased, marital thoughts decreased, for both sexes (Townsend and Wasserman, 2011).

Sexlessness/celibacy increasing

Alcohol consumption decreasing

Sexting and other normative as form of LDR and substitute for casual sex with strangers

Explosive New Patterns of Sexually Transmitted Infection

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638.

Survive the relationship with your enchantress borderline:

How to cope with every aspect of the disorder, lovingly help her to love you, and recover time and again the inevitable setbacks in fighting for her affection.

DBT, mindfulness effective

Abandonment anxiety -- preemption

Rituals and procedures of presence, permanence, stability, and predictability

Object inconstancy ---identity disturbance (emptiness)

Mementos

Programmed reminders

Mantras

Decompensation

Techniques to tackle anxiety and panic (breathing, journaling and reading aloud)

Acting Out (Self states, secondary psychopathy): impulsivity and recklessness

Decatastrophizing

Mirroring

Techniques for impulse control (redirection, motivation, reframing)

Emotional dysregulation

Verbalizing

Labeling

Externalizing

Chair work (emotions in chair)/dialog

CBT negative thoughts

Anger management techniques

Cognitive restructuring

Communication protocols

Humor

Mood lability

Physical activity

Sleep schedule

Routines

Stress management techniques

Outsourcing of ego functions

Regain locus of control

Develop and reward autoplastic defenses

Idealization-devaluation

Restore reality testing

Maintain the entire picture (integrate splitting)

Self-mutilation, suicidality

Sexual self-trashing, substance abuse, and reckless behaviors as self-harm

Prevention first involves being able to recognize the warning signs of suicide, which can include:

• Extreme mood swings

• Feelings of hopelessness

• Giving away possessions

• Losing interest in activities

• Talking about death or suicide

• Saying goodbye to family and friends

• Saying that they are a burden

• Withdrawing from friends and family

Do not judge, dismiss, or discount feelings

Listen

Encourage verbalizing

sublimate aggression

Dissociation

Journaling

Mementos

video recordings

programmed reminders

Transient paranoid ideation (persecutory object)

Reality testing: journaling, counter-paranoia (questioning/doubting),

Secret code or exit strategy (suspend/freeze)

639.

Psychopaths value their freedom to act, unconstrained choice, and the unbridled exercise of free will above all else. This proclivity is known as reactance or defiance and it involves contumaciousness (hatred of authority, propriety, rules of conduct, and social mores).

When forced to choose between self-efficacious, disciplined restraint and self-defeating or even self-destructive in your face "my way or the highway" behaviors, psychopaths always choose the latter.

Ironically, as the word implies, reactance is determined exogenously (from the outside). It amounts to a panicky loss of control over impulses and urges, anxieties and feared threats.

The psychopath is incapable of learning or of modifying himself: he perceives these as restrictive impositions on his liberty. Same goes for any form of analysis, advice, love, or intimacy: they constitute threats, not potentials for growth or happiness.

The psychopath's mantra is: "I just want to be left alone. I need no one. In my dealings with people, I am strong, proud, agentic, and self-sufficient, not some kind of meek victim to be pitied!"

640.

One of the most disconcerting and, at times, infuriating aspects of Borderline Personality Disorder, secondary psychopathy, and narcissistic pathologies is identity disturbance.

Cluster B patients have no stable, immutable "core" or "self". Instead, they are ensembles of often contradictory partly dissociated self-states (aka subpersonalities or pseudoidentities).

These discreet "personas" assume control in response to both environmental (exogenous) and internal process (endogenous) cues.

Consequently, it is impossible to predict the behaviors, choices, or decisions of these individuals. No rules or heuristics apply to all the self-states.

The Borderline patient professes to have one set of beliefs, values, and boundaries one day - and totally contravene them with insouciance or gusto the next morning.

To paper over these gaping chasms, she rationalizes her mutually exclusive actions by constantly hairsplitting, nitpicking, and by generating an endless stream of exceptions and excuses to justify her incredible behavioral somersaults. Alcoholics and junkies are infamous for these types of verbal contortions and so are cluster B patients.

641.

Borderlines sometimes cheat on their partners as a form of psychological and sexual self-trashing with others.

The acting out cheater feels that she is trashing herself by cheating, rendering herself "bad", "corrupt" "immoral", "a whore", or "a slut" and her actions "forbidden" and reckless.

In a minority of cases, sexual self-trashing with inappropriate, unwanted, or contemptuous partners leads to heightened arousal and may even escalate as it becomes addictive.

642.

Fantasy is a defense mechanism so powerful that it can give rise to severe mental health issues, such as Narcissistic Personality Disorder as well as to cognitive deficits and an impaired reality testing.

Fantasy tends to metastasize. It coopts and hijacks every resource available to the individual: emotions, affect, cognitions, memories, psychosexuality, and even one's identity. It is addictive and anxiolytic. It is safe. It buttresses the fantast's grandiosity (self-idealization).

Actually, each of these dimensions of personality and functioning is mediated via the fantasy, colored and distorted by it.

Gradually, all direct contact with and inner experience of one's psychological world is lost. A robotic zombie emerges from within the fantastic space, regulated by its narrative.

The emotional investment (cathexis) in fantasy is total and comes at the expense of the person's reality testing.

We can easily spot the captives of fantasy: they avoid reality and opt for substitutive action. Their self-reported emotions, hopes, wishes, and dreams starkly contradict their actions.

Such a person may say for example: "I crave intimacy, sex, and love in a committed relationship", but he will choose mostly objectifying sex with strangers as a dominant practice. His intimate liaisons will devolve into sexlessness, cheating, and dissolution.

Such a person will also select only inappropriate and incompatible and therefore temporary mates who do not constitute a threat to the integrity and longevity of the fantasy by diverging from it (undermining the idealized, largely imagined snapshot).

643.

Borderline Personality Disorder is a veritable catch-22, especially when it is comorbid (co-diagnosed) with Factor 1 psychopathy or pathological grandiose narcissism, as is commonly the case.

The Borderline is highly reactive to abandonment anxiety. In fact, this is one of the diagnostic criteria for the disorder in the DSM.

But comorbid borderlines also endure engulfment anxiety: the fear of being subsumed in the intimate partner, having outsourced to him important ego functions.

In contradistinction to the codependent, the comorbid borderline is terrified of merger or fusion with her mate.

To allay her enmeshment anxiety, the comorbid borderline undermines her relationships, nipping intimacy in the bud. She acts passive aggressively, misbehaves ostentatiously, lies, confabulates, triangulates, cheats, and creates as much mayhem and uncertainty as she can.

When the relationship inevitably deteriorates and often becomes sexless, she feels that straying outside the fraying bond is legitimate. Two-timing her partner is her way of jumping ship.

644.

Psychologically healthy people can't wrap their heads around the psychosexuality of psychopaths, borderlines, and narcissists. Cleckley suggested that these patients sexually act out "on a whim … like scratching one's back".

They engage in the most intimate or extreme sex acts with a random assortment of near total strangers, for very little or no reason and with next to no preparatory phases.

The sexuality of cluster B patients is impulse-based. Sex is meaningless and emotionless even in intimate relationships where the emphasis is on bodily functions and gratifications rather on communicating positive affectivity and attachment that the patient is constitutionally incapable of.

The sex with strangers is often driven by psychopathic risk taking (recklessness) and novelty seeking and by the borderline's overwhelming self-loathing.

The capacity for self-deception of these patients is staggering.

They deny and reframe the very nature of their actions (lying, cheating, sexual promiscuous self-trashing) by perverting and torturing language to yield an infinite fount of exceptions to every rule, boundary, and value.

Their self-reporting is self-serving and stereotypical.

For example: they are likely to claim, counterfactually, that they are capable of experiencing meaningful sex with mates, of loving them, and of heartbreak following the inevitable breakup.

In reality, the sex is only "meaningful" because it involves possessiveness and control.

The "love" is a mere reduction in abandonment anxiety in the wake of enhanced object constancy.

The "heartbreak" is the eruption of uncontrolled anxiety coupled with self-annihilating mortification in the face of perceived failure and rejection.

645.

Both the Borderline and the Narcissist outsource important psychological ("ego") functions to intimate partners and to sources of narcissistic supply, respectively.

When the Borderline first comes across the narcissist, she senses his intimate acquaintance with the practice of importing regulatory capacities and input from the outside. She can rely on him to grasp her identical need like no else could.

This shared externalized regulation binds the Borderline and Narcissist within a symbiotic space and renders them inseparable against all odds and in the face of all adversity.

646.

The psychopath is emotionally amputated. He mislabels whims, urges, and impulses as "feelings". Even his negative affects are stilted and transient, mere flashes in his non-existent pan.

The psychopath has a two-state (binary), primitive proto-self. He feels “bad” or “good”, he “wants” or is reluctant, he is either aggressively or desirously on - or lethargically off.

By far the strongest hue in his palette is boredom. Often mistaken for dysthymia or even depression, the psychopath is bored out of his wits most of the time. Ennui is his default state.

To alleviate this all-consuming fog of dullness, the psychopath acts recklessly, seeks novelty and risk, abuses substances, and rarely postpones the gratification of his impulses, no matter how inane, outrageous, criminal, self-defeating, or self-degrading they may be. He is an id only organism, his ego unconstellated and unintegrated.

Psychopaths react with defiance to any attempt to thwart their exploits. The drama involved in such confrontations is its own reward.

647.

Romantic jealousy is the fear of losing your intimate partner to another person. Cerebral narcissists are rarely romantically jealous.

But they do become anxious and possessive when they anticipate abandonment and they always experience narcissistic injury, a challenge to their grandiosity:

“How could she replace me with this inferior man? How could she be with anyone else, having had me for a partner?”

Similarly, the narcissist’s “love” is nothing but the confluence of his dependency on his source of secondary narcissistic supply and his cathexis (emotional investment) in a new partner, accomplice, and captive for his nascent shared fantasy.

648.

Ironically, the narcissist’s grandiosity (fantasy) defense is less rigid than the grandiosity of either the borderline or the psychopath.

Throughout his life, the narcissist is subjected to a barrage of narcissistic injuries and mortifications.

These challenges remold or entirely suspend his False Self, the locus of his grandiose self-perception.

Psychopaths and borderlines do not experience any undermining of their variants of self-aggrandizement.

Consequently, their grandiosity is immutable, not amenable to any process of learning or modification via intrusions from harsh reality.

649.

As distinct from psychopathic and somatic narcissists, cerebral ones - even when they are in a somatic phase - rarely attempt to pick up partners for casual sex, owing to their grandiosity.

The cerebral’s inflated and fantastic view of himself is compromised BOTH if he is rejected AND if he succeeds! It is a no-win predicament.

All narcissists equate rejection with narcissistic injury and devalue the potential sources to resolve the cognitive dissonance (“women are not worth the effort” or some such nonsense).

But, in the case of the cerebral, also success causes narcissistic injury: a woman who is into one night stands is perceived by him as promiscuous, unboundaried, and sexually dysregulated and to have had many such encounters in her past.

These perceptions render the cerebral in his mind a mere statistic, just one of many transient largely meaningless sexual partners, past and future. It challenges his sense of uniqueness. He again devalues the source of this injury and holds her in contempt as a "slut".

Additionally, courting and flirting the woman are perceived as humiliating, a form of abject supplication as the cerebral is forced into competing with and being compared to other men.

The cerebral expects to be pursued, besieged, and stalked by breathless beauties, all of whom are smitten by his magnificent intellect and celebrity.

650.

Cluster B patients suffer from identity disturbance. They are lifelong disappearing acts, pivoted on an empty schizoid core.

The abuse of substances helps these patients to suspend their existence, to NOT be themselves for a few hours, especially around other people, in social and sexual contexts.

Because Cluster B patients are essentially nothing but deadened voids, they feel alive and existent only when they are NOT themselves, when they are inebriated, intoxicated, or drugged, when they act out or switch into certain self-states (like the Borderline's secondary psychopath or the narcissist's grandiose False Self).

But NOT being oneself becomes a habit and many of them forget how to BE themselves: being themselves feels so alien, sad, dull, even vaguely menacing that they avoid it assiduously and for as long as they can.

Gradually, incrementally, this overwhelming need to NOT be oneself by abusing substances impacts all fields of life: job, career, relationships, and family included.

Another problem is that when these patients are NOT themselves, when they are drunk, for example - predators of all types, sexual and emotional, take advantage of them, gain access to their bodies, minds, and material possessions, use them contemptuously and then discard the patients.

These repeated humiliations, rejections, and exploitation exacerbate the underlying conditions, induce anxiety and depression, and push the patient inexorably to harm herself and to escalate even further her attempts to vanish, further down the road to self-annihilation.

651.

Patients with Borderline Personality Disorder (BPD) suffer from two core issues:

1. They feel much safer with strangers, even when these new acquaintances are unpleasant, than with their intimate partners, especially when these mates are loving.

2. Being loved provokes in the Borderline a cascade of negative consequences:

A. Pain aversion: a catastrophized fear of ultimate heartbreak, abandonment, and rejection;

B. Paranoid ideation regarding the manipulative hidden agenda of the loving partner;

C. Avoidant behaviors;

D. Passive-aggression (castrating and undermining the partner);

E. Fear of engulfment, of being consumed by the mate.

Faced with such stressors, Borderlines often act out violently or recklessly.

Some Borderlines cheat in order to preempt intolerable abandonment and undermine intimacy.

Cheating also upholds their view of themselves as “bad, corrupt, hopeless” or “whore”.

Such misbehavior is often coupled with substance abuse.

The Borderline associates alcohol or drugs with sex. It is a conditioned response: sexual desire or arousal lead to the consumption of alcohol or drugs intended to disinhibit the Borderline and allow to her to carry on her designs.

The above two core issues result in compulsive cheating and extremely dysregulated and unboundaried sex with the strangers that the Borderline targets in her decompensated peregrinations.

652.

Addicts (alcoholics, junkies, gamblers, all sorts) share several important clinical features with both psychopaths and narcissists:

1. Grandiosity which is partly the outcome of disinhibition (“alcohol myopia” for example) and a sense of immunity to the consequences of one’s actions;

2. Low threshold of boredom and reduced tolerance for routines. This leads to novelty seeking and recklessness;

3. Defiance and contumaciousness (disdain for social mores, propriety, and authority);

4. Mendaciousness: ubiquitous lying, disloyalty, sexual and romantic cheating, and attempts to cover up antisocial activities and misconduct or to resolve cognitive dissonances. Addicts lead double or parallel lives;

5. Deficient impulse control and impaired ability to delay gratification.

Addicts deceive themselves that they are in full control of their addictions and can pull out any time.

Addiction is often a dysfunctional attempt to reassert control over the addict’s life by maintaining the illusion of choice or free will (“I choose to drink”, “I want the sex”, “I love to gamble or shop”).

The same psychodynamic characterizes eating disorders (though body dysmorphia is rarely an integral part of the addiction itself).

653.

The comorbidity of narcissistic and borderline personality disorders (NPD and BPD) is counterintuitive: they appear to be mutually exclusive.

Both Borderlines and narcissists are grandiose, but the former possess warm empathy and emotions whereas the latter lack them.

The only way to reconcile these contradictions and to square the circle is by assuming the existence of semi-dissociated self-states that come to the fore in reaction to changing circumstances and environments.

In a comorbid state, BPD is always dominant while NPD is recessive.

But the narcissistic structures hijack the borderline's empathy and emotions and leverage them during the lovebombing and grooming phases.

The Borderline finds herself or himself trapped in a narcissistic shared fantasy.

To the Borderline, the narcissistic landscape feels surrealistic, alien, and vaguely menacing. L

The self-states which are narcissistic and secondary (factor 2 or F2) psychopathic regard the borderline with self-destructive contempt for her weakness and vulnerabilities. They seek to "protect" and "rescue" her from herself.

This hardwired ego dystony founded on permanent dissonance between the subpersinalities, results in mood lability, emotional dysregulation, and psychopathic features, which are even more extreme than in a classic presentation of BPD.

654.

Grandiosity is especially intractable and untreatable in accomplished and successful narcissists who merely embellish and exaggerate their very real achievements.

In the typical cluster B patient, grandiosity is a form of delusional, self-inflating cognitive bias. It impairs reality testing because it is divorced from reality. It is and egregious defense and, therefore, easy to spot.

Not so with the thriving narcissist. The signals and cues he is flooded with, from other people and from the environment, buttress his conviction that his self-aggrandizement is nothing but a form of recalibrated self-awareness, a regulated sense of self-worth, and justified pride in his personal and professional history.

655.

Entitlement is a hallmark of all types of narcissists: they are convinced that they deserve special treatment and privileges as well as narcissistic supply without any commensurate accomplishments or efforts.

But what laymen and experts alike fail to appreciate is that entitlement is a form of learned helplessness.

Abusive parents do not allow the child to develop boundaries, to separate, and to individuate.

Consequently, the child comes to depend on them for both acting in the world and for regulating his internal environment. In other words: the child is rendered perennially helpless.

This artificially induced impotence provokes the child's aggression. He sublimates this forbidden impulse by becoming demanding, petulant, and implacable ("spoiled brat"), a pattern of misbehavior that carries well into his dysfunctional adulthood.

656.

The narcissist's deal on offer:

You give me my life - I will give you a life sentence.

You give me your life - you won't get even a sentence.

657.

Among the nonsensical myths about narcissism is the trope that grandiosity is about perfection: being the greatest and the best. It is not.

Grandiosity is a set of psychological defenses founded on cognitive biases and an impaired reality testing. Its main function is to uphold and buttress a distorted fantasy self-perception or counterfactual self-image.

But this self-image (the locus of fantastic grandiosity) can be negative! A narcissist can be proud of what a consummate failure or loser he is, or how humble or downtrodden, mistreated and virtuous, whorish or unattractive he is and so on. The perfect (insert the denigrating adjective).

In these cases, the grandiosity will be invested in negative automatic thoughts and serve to aggressively defend them against challenges and countervailing information from the outside.

658.

The narcissist demands 2 out of 3 Ss from his "intimate" partner in the shared fantasy: sex, supply (narcissistic and sadistic), and services.

But he also expects the E2A: unmitigated exclusivity, adulation, and availability. If the partner denies him any of these three, he devalues and discards her. Henceforth he absents himself from the relationship, either physically or emotionally.

The compensatory cerebral narcissist is the only exception. He demands only supply and services and expects only total adulation and availability.

His lengthy bouts of celibacy are the trenchant outcomes of egregious self-punishment grounded in fathomless self-hatred and a misogyny or misandry couched in ideological terms of grandiose superiority ("I need and want nothing from women/men, they have no power over me.")

659.

One of the most common exclamations of the promiscuous or otherwise dysregulated Borderline: “Now I want to settle down and have a stable, lifelong love relationship.”

Healthy folks transition through phases in life, evolve, grow and develop in a linear, predictable fashion. Not so the Borderline: she cycles between beliefs, behavioral norms, preferences, priorities, and fervent wishes. There is no stable or foreseeable core. This is known as “identity disturbance”.

So, the Borderline’s sudden adherence to prudery and domesticity is a self-deluding sham, a fantasy, or an experiment: she is likely to revert to an earlier, promiscuous, unboundaried, decompensated, and dysregulated form and recurrently pendulate between several mutually exclusive self-states.

What is the connection between the narcissist's grandiosity and the borderline's promiscuity? Watch this video to get the answer!

660.

Physical self-trashing horrifies me: promiscuous self-objectifying drunk sex, alcoholism, drug abuse, heavy smoking, medical neglect, or self-mutilation.

These are all forms of self-rejection and self-loathing, a denial of life itself and its potentials, slow motion unfolding suicide.

I do my best to keep away from such people and their dark, toxic ambit. As far as I am concerned, it is evil reified and I recoil in revulsion as I experience a vague sense of ambient menace.

Oddly, I am totally indifferent to other, no less pernicious and life-vitiating forms of self-annihilation, perhaps because I am their most devoted practitioner: making all the wrong choices knowingly; self-sabotage; teaming up with wrong partners, institutions, or mates; buffoonish or obnoxious public misconduct; a lack of impulse control; inability to delay gratification; perfectionism; procrastination; rumination; avoidance; and numerous other forms of self-defeating, reactant, defiant, and passive-aggressive misbehaviors that constrict life and render it unlived.

661.

Trauma bonding is often a form of self-mutilation or self-harm, replete with the same three functions: 1. To numb dysregulated emotions that threaten to overwhelm us; 2. To allow us to feel alive through pain; 3. To punish, defeat, and destroy ourselves.

Lidija Rangelovska (@reframingtheself) wrote these words recently:

"Our Narcissistic defences preserve us from self-destruction in desperate, hopeless, and uncertain times.

The need to socialise (to compare ourselves with others) is intended to restore control over our innate urges.

Having been terrified of our dark side we actually trauma-bond with others. Thus, others "remind" us that we are weak and have to fight for our survival.

One should embrace his/her weaknesses in order to restore the energy, hope, and the will to live. Others won't do it for you.

It's a choice you have to make: to suffer or live."

Wise counsel, indeed.

662.

The narcissist outsources his sense of existence and being, substitutes for it or displaces it.

Existence agents and narcissistic supply.

Creates imbalance, dependence, a sense of inferiority.

Substitutive existence is hampered by devaluation and paranoia.

Displaced existence is obstructed by passive-aggression and entitlement.

Shared fantasy: companionship vs. submissive.

663.

Psychopaths have an inverted fear reaction: they are hypervigilant and paranoid with their nearest and dearest or in familiar settings - but they are indifferent, fearless, and reckless with strangers in circumstances which would cause extreme alarm and anxiety - or even trauma - in everyone else.

This inversion is the outcome of a skewed perception and assessment of risk and freedom of action: to be intimate with someone in predictable settings is to hand over power and consequently to block all exit strategies, thereby becoming a hostage (catastrophizing).

The psychopath's nonchalant grandiosity also results in an inverted fear reaction: he feels immune and superior to people who do not possess privileged information about him and gain no meaningful access to his body, mind, or world.

Psychopaths are said to be fearless and carefree. Their physiological pain tolerance is, indeed, very high.

Still, contrary to popular perceptions and psychiatric orthodoxy, some psychopaths are actually anxious and fearful. Their psychopathy is a defense against an underlying and all-pervasive anxiety, either hereditary, or brought on by early childhood abuse.

(Video dated April 11, 2021)

664.

Grandiosity is a cognitive bias that leads to a pattern of self-defeating behaviors. If characterizes individuals as well as collectives founded on aggressive principles of "honor" and reputation.

The narcissist would do anything, incur tremendous losses, and sacrifice everything to defend his grandiose, fantastic, inflated self-image.

He would reject overt sexual advances in order to feel superior and omnipotent at the moment;

undermine his job by contradicting, questioning, and criticizing his superiors and bullying his colleagues;

ruin his marriage and alienate his children with his controlling and contemptuous behaviors;

miss out on crucial information and advice, claiming to know it all (omniscience);

provoke neighbors, service providers, professionals, and the authorities so as to not become aware of his needs.

665.

Culted Child: The True Story of a Daughter Disciple, Maria D. Peregolise.

A deep dive into cults and their aftermath, especially when inducted into them in childhood.

More about narcissism as a cult http://samvak.tripod.com/journal79.html

666.

Some grandiose narcissists and all primary (F1) psychopaths have a relatively robust self-concept and stable self. Not so vulnerable (covert) narcissists and secondary (F2) psychopaths (aka borderlines).

Stephen M. Doerfler, Maryam Tajmirriyahi, William Ickes, Peter K. Jonason, The self-concepts of people with Dark Triad traits tend to be weaker, less clearly defined, and more state-related, Personality and Individual Differences, Volume 180, 2021, 110977, ISSN 0191-8869, https://doi.org/10.1016/j.paid.2021.1...

Why Poor Sense of Self Underlies Dark Triad Traits by Grant Hilary Brenner MD, FAPA in ExperiMentations (Psychology Today)
https://www.psychologytoday.com/us/bl...

Campbell, J. D., Trapnell, P. D., Heine, S. J., Katz, I. M., Lavallee, L. F., & Lehman, D. R. (1996). Self-concept clarity: Measurement, personality correlates, and cultural boundaries. Journal of Personality and Social Psychology, 70(1), 141-156.

Judith M. Flury & William Ickes (2007) Having a weak versus strong sense of self: The sense of self scale (SOSS), Self and Identity, 6:4, 281-303.

667.

Emotional Involvement Preventive Measures - Full List here:
https://samvak.tripod.com/narcissismemotional.html

668.

Even "high functioning" narcissists destroy their workplaces in the fullness of time. Find out how. Second interview of three with Game Changers.

669.

Even skilled diagnosticians find it difficult to distinguish between psychopathy (and Borderline), autism, schizoid personality, and C/PTSD.

All four conditions involve extreme reduced affect display: no show of emotions, flat presentation of personal experiences, and reticent self-disclosure.

All four types of patients use language in a highly idiosyncratic way: vulgar, putrid, ambiguous, non-committal, clinical, and impersonal. They corrupt language and render it circumspect and cynical.

But the etiologies of this identical presentation couldn't be more different.

The psychopath has no empathy or positive emotions, so truly has nothing to report. He is a goal-oriented, binary ("feel good/bad") mimicked human.

The autistic person is oblivious to social and sexual cues and this renders his reactions weird, even antisocial. He is reluctant or unable to verbalize his inner world, partly because it overwhelms him and partly owing to anticipated rejection.

The schizoid just wants to be left alone. Incapable of strong emotions or intense experiences, he flatlines into solitude, his sole comfort zone.

The survivor of trauma represses (numbs) her emotions because she finds them, and the memories

they are attached to, threatening. She is reluctant to revisit her harrowing experiences and is triggered by any attempt to be intimate with her in any way.

670.

Remaining in a state of victimhood and rendering it a part of your identity is exactly what the narcissist wants you to do. It is perpetuating by your own hand the abuse you had suffered.

Third interview of three with Game Changers.

671.

They are inaccessible, sealed off from the world, emotionally numb, incapable of true intimacy.

They are …

Self-loathing, self-trashing, self-hating, self-destructive in multiple ways.

Their attitudes to sexual or intimate partners, to sex, and to their bodies are shocking, unsettling, horrifying, and gross. They are likely to engage in extreme and reckless sex from an early age, develop eating disorders, and suffer from body dysmorphia.

They are deceitful and unfaithful (psychopaths are parasites, gold diggers, and goal-oriented).

They are devaluing and humiliating, hypervigilant and sometimes paranoid.

672.

Internal objects, introjects arranged in a coherent narrative which could be flexible (responsive to new information) or rigid (mental illness).

The perimeter of the narrative is guarded by psychological defense mechanisms of two types: dissociative and cognitive distortions.

Dissociation results in the formation of self-states (for example: the secondary psychopath self-states in BPD). Internal Family System theories conceptualize this brilliantly.

When defenses get associated with specific self-states we gravitate towards one of two states: Narcissism (a form of introversion with no ego or constellated self) or psychosis (only ego or self, no world).

Patients in both these conditions are cathected in their internal objects, not in reality and have impaired reality testing. The narcissistic defenses confuse external objects as internal (snapshotting) and psychoticism confuses internal objects as external (hyperreflexion).

In both cases, all relationships are internalized and when reality strongly diverges from the internal objects, there is decompensation, acting out, narcissistic injuries and mortification mediated via specific self-states.

Anxiety and depression can be reconceived as a failure to effect such mediation and the collapse of the internal universe, rendering the patient non-agentic and far less self-efficacious.

673.

Psychopaths are mirror humans. The few emotions they do possess (all of which are raw, primitive, and negative) are inverted 180 degrees. Amazingly they are convinced that this inversion is normal and common.

They "love" or "like" others who are useful and only for as long as they benefit from them, one way or the other. They use the disposition and flow of material goods to gauge such sentiments.

They experience shame only when they are exposed as weak, desperate, or helpless.

They get angry when they cannot secure a goal - even a self-destructive or humiliating one. They lash out at those who would not or cannot collaborate in whatever it is they set their minds to do or to be done to them.

They fearlessly risk their lives, limbs, and fortune habitually and with total strangers - but are paranoid, anxious, and hypervigilant with their "nearest and dearest". Intimacy and commitment are perceived as threats.

They regret and feel "guilty" for having failed or having been caught red-handed - but never for having hurt and harmed others. They rationalise and justify their misdeeds by contorting language to its breaking point.

674.

A psychopath never says "no". Only shrugs and utters "why not" before s/he engages in the most unspeakable or degrading acts. Without shame, guilt, or remorse to rein them in, psychopaths are primitive, whim-driven, stochastic, bug-ridden, often intoxicated machines. They are even worse when in pursuit of a goal, however whimsical or outlandish.

When you encounter a psychopath, you come face to face with the undead: they look still alive, charming and witty and erudite - but they had actually died in their teenage years, inside and out. They age fast, their progeria terrifying to behold. Theirs is an eternal present, a dawnless night of the soulless.

Psychopaths treat their bodies and their lives as a corpse would: like decomposing trash. They are black holes: nothing escapes, not even they.

It is nothing short of horrifying to hear the winds of the psychopath's insanity howling in the deserted hallways of his or her vacated mind.

They rot and disintegrate in slow motion, unglued by a lack of scruples and morality, a void of empathy and emotions, a howling abyss where a human should have been.

675.

Even (lazy) scholars get it wrong, this stereotype of the primary (factor 1 or F1) psychopath as fearless.

Psychopaths experience anxiety and fear even more than the rest of us do. There are several important differences, though:

1. Their brain and physiology are different. Skin conductance, brain activity, heart rate, blood pressure and other markers of fear are subdued or absent altogether.

2. Things and behaviors that normal people find repulsive, shocking, or frightening elicit no emotional reaction from the psychopath: his perception of risk and his disgust response are fundamentally

different. He is impulsive and reckless, but rarely considers himself as either.

Still, most psychopaths are paranoid, hypervigilant, and conspiracist: they live in a constant state of irrational terror, afraid of and worried about the innocuous and the random.

3. Finally, psychopaths misinterpret both internal and external cues, very much as autistic people do. Consequently, they mislabel and misattribute their inner dynamics. When they are afraid, they are likely to say that they are excited, for example.

The psychopath's defiance and contumaciousness are often misperceived as fearlessness or nonchalance, but, in reality, there is a lot of trepidation in both. They are form of dysregulation.

676.

Personality disordered patients have no personal boundaries and consequently they have an impaired capacity for intimacy.

677.

Psychopaths can be shy. Covert narcissists can be avoidant and self-effacing. Both pathologies sometimes present with vulnerabilities, fragility, and with a schizoid core.

Some children are rejected and ridiculed by their peers: those who are on the Autism Spectrum, who suffer from social anxiety/phobia, who are gifted or exceptional in some way, who are depressed or anxious, or who are otherwise deemed "freaks" or "nerds".

Such kids often develop narcissistic and psychopathic defenses, traits, behaviors (conduct and oppositional defiant disorders), and worldview (theories of mind and internal working models). They grow up to become full-fledged adult narcissists and psychopaths.

678.

Narcissists like to surround themselves with people who are inferior to them in some significant way in order to feel superior.

When the narcissist comes across his equals, he instantly either devalues them - or admires them (co-idealization).

Narcissists can and do maintain long term relationships with intellectual peers and are capable of respect, affection, or even attachment to these intelligent, prized, and discerning sources of high quality narcissistic supply.

679.

You need to truly understand the inner workings of the narcissist in order to manipulate him/her and survive to share your story.

Three part seminar with Richard Grannon and Sam Vaknin available on both our YouTube channels.

680.

Introverts are invested in introspection, are never impulsive, reckless, defiant, or dysregulated (never borderline or psychopathic). They avoid over-stimulation. Unlike shy people, they are not apprehensive, anxious, or afraid of unfamiliar social settings. Introversion is a choice or a preference - not an avoidant, phobic behavior (like in social anxiety or social phobia).

681.

Most schizoids are hyposexual or even asexual. They are totally self-contained and self-sufficient, with an empty core. But a small minority are hypersexual, even to the point of promiscuity and self-trashing.

These schizoids use dysregulated, haphazard, and unboundaried sex IN LIEU of meaningful object relations and intimacy.

Sex plays a crucial role in the psychodynamics and lives of such schizoids. It is their cardinal mode of communication; their only efficacious method of socializing and bonding; and the main regulatory mechanism.

But it is also auto-erotic and fantasy based. So, it is NOT meaningful on the interpersonal level.

This profound meaninglessness may be the reason why schizoids keep selecting wrong mates: culturally or religiously inhibited, hyposexual, misogynistic or misandrist, narcissistic, psychopathic, avoidant, or classically schizoid.

The schizoid uses sex to connect only to himself and instrumentalizes his sex partners - their gaze (for exhibitionistic self-trashing), their bodies (leveraged for sado-masochistic self-degradation or mutual masturbation), and their attention (to regulate the schizoid's sense of self-worth) - in order to become alive, to experience his own existence.
When hypersexed, the schizoid's sexuality is also a form of self-harm with all the functions of self-harming:

drowning out negative affectivity,

feeling alive,

self-punishment,

affirmation of negative self-perception and introjects.

Society, institutions, community, and human interactions are all things of the past. Sex is doomed. Welcome to a new schizoid world.

682.

The narcissist's life is entirely in the public sphere. Privacy is anathema to the narcissist.

In theory, private life is insulated and shielded from social pressures, the ambit of norms and laws, and even the strictures of public morality. Reality, though, is different. The encroachment of the public is inexorable and, probably, irreversible. The individual is forced to share, consent to, or merely obey a panoply of laws, norms, and regulations not only in his or her relationships with others - but also when solitary.

Failure to comply - and to be seen to be conforming - leads to dire consequences. In a morbid twist, public morality is now synonymous with social orthodoxy, political authority, and the exercise of police powers. The quiddity, remit, and attendant rights of the private sphere are now determined publicly, by the state.

In the modern world, privacy - the freedom to withhold or divulge information - and autonomy - the liberty to act in certain ways when not in public - are illusory in that their scope and essence are ever-

shifting, reversible, and culture-dependent. They both are perceived as public concessions - not as the inalienable (though, perhaps, as Judith Jarvis Thomson observes, derivative) rights that they are.

683.

Where the narcissist faces lies, deceit, obfuscation, stonewalling, or refusal to communicate, or when he cannot gain access to critical bits of information - he tries to deduce and extrapolate, not always successfully.

Owing to his grandiosity, he perceives his deductions, hypotheses, and extrapolations as FACTS and reacts to them as such.

This can lead to hair-raising situations and conflicts.

Solution:

Do not lie, deceive, stonewall, or obfuscate. Always communicate clearly, fully, and truthfully with the narcissist. You do not want him to deploy his fantasy, delusional imagination, and impaired reality testing to fill in the gaps.

684.

Narcissism is conspiring with technology in a dystopian new normal.

685.

People - especially the recent young generations - hate to go deep. They inhabit shimmering surfaces, punctuated with dismissive grunts, defensive empty one liners, superficial hilarity, and cliched emojis.

686.

Narcissists never learn because they know everything already. Psychopaths never learn because no one knows anything anyhow. Both are characterized by a profound lack of curiosity about themselves and others.

Narcissists construct penitentiaries of the mind and then try to break out or demolish them. It does not occur to them to repurpose the prison and render it a tourist attraction – or a hotel!

The narcissist outsources important ego functions to his environment. Consequently, he confuses and conflates his self with the external world. When he is trying to effect a change in the latter, he perceives it as the destruction of the former (self-destructiveness). Narcissists avoid change because they experience it as self-annihilation.

Narcissists convert everyone they are in constant or intimate touch with into persecutory objects ("enemies"). Then they construct counterfactual narratives which are both paranoid and grandiose: "they are out to get me because I made them behave this way, I forced them into malevolence" (omnipotence). Catastrophizing becomes a rational and often self-fulfilling expectation within such a view of others.

687.

The narcissist is shocked when his victim gives him a taste of his own medicine. He accuses her of … being a narcissist. The genders pronouns are interchangeable, of course: many narcissists are women.

This has partly to do with the twin processes of "snapshotting" and co-idealization.

At the commencement of every interpersonal relationship, the narcissist introjects the (in)significant other and converts her into a stable, inert internal object ("snapshot"). This helps him to overcome his abandonment anxiety and establish object constancy.

He then proceeds to "photoshop the snapshot": idealize the partner and thereby aggrandize himself as the "owner" of such an ideal possession.

When the other party diverges from this inner rendition or avatar by becoming agentic, autonomous, defiant, self-efficacious, assertive, and resistant - the narcissist experiences panic, frustration, and aggression. He projects his own narcissism onto her and using reaction formation, devalues and decries it as "abusive".

688.

Many self-styled narcissism "experts" would tell you with the faux authoritativeness of the hack that all psychopaths are narcissists. It is rank nonsense, of course.

The comorbidity of Narcissistic Personality Disorder and Antisocial Personality Disorder is high - but it still constitutes a small minority of the cases.

Most psychopaths are GRANDIOSE. But anyone who confuses grandiosity with narcissism has no business deceiving the gullible into believing that he or she is an expert on narcissism.

Grandiosity is a fantasy defense founded on a cognitive distortion. It makes an appearance in many mental health disorders: personality disorders (including Borderline, Paranoid, and Schizoid), mood disorders (Bipolar), and psychotic disorders, to mention but a few.

Grandiosity is common to both narcissists and psychopaths. But it does not make them one and the same. And this, dear self-proclaimed "experts", is narcissism 101. A class which you had just failed spectacularly.

689.

A 2017 study shows that many narcissists are MORE forgiving and merciful that healthier folk. This debunks one of the many nonsensical myths propagated online by hacks with academic degrees who proclaim themselves as "experts" on narcissism with zero relevant credentials.

Twenty years ago, I coined the phrase "communal prosocial narcissist" to refer to a narcissist whose grandiosity is invested in being moral, charitable, and altruistic.

Similarly, there is a communal prosocial psychopath who leverages his psychopathy to find love, acceptance, and social legitimacy (sublimates his antisocial tendencies). The Covert Borderline - a new diagnosis I am proposing - is a communal variant of psychopath.

He seeks love the way a psychopath would (become sexually dysregulated, unboundaried, self-trashing, and promiscuous for example).

This subtype of psychopath craves to belong and to be loved, liked, admired, and desired and so would do anything - including antisocial acts - to feel that way.

Both primary and secondary psychopaths can be communal, but their personality disorder is likely to be comorbid with other mental health issues.

This comorbidity causes them to behave in ways which are reminiscent of borderlines and narcissists.

690.

To refuse to get vaccinated in view of the cumulative data is defiant, contumacious, and reckless - in short: it is psychopathic and grandiose.

I chose to get vaccinated, having engaged in an obligations-rights utilitarian calculus.

Vaccines reduce infections - obligation to protect others (like avoiding DUI). Vaccines reduce hospitalization rates - obligation to not exploit others and impose on them. Vaccines reduce death rates - but while there no obligation to stay alive, there is an obligation to not harm or kill others for minor infringements of even the most fundamental and weighty rights.

So, should we not treat unvaccinated? We should the same way we treat smokers, drug addicts, extreme sports athletes, skiers, victims of accidents. But we should punish the unvaccinated by constricting their lives and coercing them to get vaccinated.

691.

The concept of the unitary self is being replaced with the idea that an internal operating system determines which of several self-states emerges, given internally and externally (environmentally) generated information.

Self-efficacy is the overriding constraint which the system seeks to optimize when hailing forth these sub-personalities or pseudoidentities.

When all relevant or available self-states at the disposal of the system are equally self-efficacious, the system may opt to keep two or more of them in operation (I call it a "state of residuals"). This ineluctably leads to dissonance and internalized aggression.

A collapsed narcissist may evolve a binary system of two residual self-states: an overt narcissist and a covert one, both equally inept in securing narcissistic supply from outside sources.

Such a constellation is geared to generate self-supply in two ways: the overt self-state's superiority to and rejection of the covert self-state and the covert's fantasies of overt grandiosity.

The overt's aggression towards the covert is recycled by the covert into a depressive state (self-directed aggression) and incorporated into its aforementioned sadistic fantasies. The overt and the covert collude in creating a sublimatory channel for the pent up rage, envy, and resentment that the collapsed narcissist is experiencing.

692.

When aggression is channeled via grandiosity, it can resolve into one or more of these speech acts:

Judgmental-contemptuous (I am superior, unequalled)

Victorious (I am unique, for better or for worse)

Merciful-empathic (I pity people, have compassion, act charitably but ostentatiously)

Educational (I am a guru who elevates others to my level).

693.

The narcissist is a 2 years old forever trapped in the no man's land between Mommy and the Big World out there.

The good enough mother allows her child to separate from her, take on reality, and individuate even as she helps it to maintain object constancy by always acting as a "safe base". The narcissist's mother refuses to let him go because she is insecure, selfish, depressed, parentifying, or dependent.

Consequently, the adult narcissist pendulates between a maternal figure in a shared fantasy and a pathological narcissistic space (his fantastic paracosm).

As he transitions between these two states, the narcissist experiences infantile helplessness. While in either of these two states, he feels at first grandiose and manic and then constricted, dysregulated, and aggressive.

To revert from one state to another, the narcissist uses four stratagems:

1. Termination (e.g, divorce, breakup, relocation, resigning from a job);

2. Deception (for instance: cheating or faking);

3. Undermining intimacy and trust, including by withholding and indifference;

4. Persecutory object fantasies, rendering people around him his enemies, wardens, or adversaries best avoided.

694.

The sadistic narcissist perceives himself as godlike, ruthless and devoid of scruples, capricious and unfathomable, emotionless and non-sexual, omniscient, omnipotent, and omnipresent, a plague, a devastation, an inescapable verdict.

695.

Overt+Covert Narcissist in One Person: Self-supply, Binary Narcissism

696.

Why does the narcissist oscillate between a maternal figure in a shared fantasy and the outside world as embodied in a pathological narcissistic space?

697.

At some point, holding everyone in utter contempt becomes a self-defeating strategy for the narcissist. If people are irredeemably dumb and weak, the narcissistic supply that they provide is rendered meaningless.

Real (echt) narcissistic supply is like high-octane fuel to the narcissistic vehicle. Spurious supply is contaminated fuel that damages the engine.

Negative supply should be distinguished from low-grade or fake supply (collectively known as spurious or ersatz narcissistic supply).

Low-grade narcissistic supply comes from sources which cannot be idealized, no matter how hard the narcissist tries and to what extent he blocks out and denies reality. The type of narcissistic supply determines whether its source can be idealized or not.

For instance: compliments on his intellectual achievements doled out to a cerebral narcissist by an intellectually-challenged person would never pass muster and would never qualify as narcissistic supply.

Fake narcissistic supply is tinged with ulterior motives and hidden agendas. Sources of fake supply compliment the narcissist in order to manipulate him or some third person or in order to accomplish a goal. Endowed with cold empathy, the narcissist picks up on these true motivations and feels injured and slighted.

Many narcissists test their sources of supply repeatedly: they engineer situations intended to expose the sincerity or lack thereof of the supply and the consistency and authenticity of the source's conduct.

In turn, all the above should not be confused with static narcissistic supply.

Learn more about static and dynamic narcissistic supply here: http://samvak.tripod.com/faq76.html

698.

It is impossible to sustain a fantasy in a state of absolute certainty and predictability. Fantasies thrive on uncertainty.

Narcissism is a fantasy defense mechanism writ large, so narcissists strive to maximize uncertainty in two ways: by engaging in behaviors that enhance it and by experiencing states of mind which are typically associated with it (like anxiety and mood disorders).

The narcissist leverages shared fantasies in order to obtain narcissistic supply. It is crucial to avoid reality by maintaining a competing, rich, grandiosity-based fantasy life that compares favorably with the world out there and can usurp its place.

699.

The narcissist never shuts up: he verbalizes every thought that comes to his mind, however offensive or ephemeral it is. Why can't he ever stfu?

As usual with narcissists, there are two reasons:

1. The narcissist considers every idea or cognition he has to be a profound pearl of wisdom worthy of sharing and disseminating wide and far; and

2. He assumes that others are less insightful or knowledgeable than he is. His incessant condescending speechifying and hectoring serve to uphold his inflated, grandiose, self-imputed superiority.

700.

The narcissist usually idealizes his pathological narcissistic space or PNS (his nation, church, club, group, circle of friends, etc.)

By idealizing his group of reference or affiliation the narcissist elevates himself (a process known as "co-idealization").

When his PNS is challenged or criticized, the narcissist "takes it personally" and reacts with narcissistic rage and aggression (or, if he is covert, passive aggression).

This is because he conflates himself with the PNS and "owns" it or regards it as an extension of

himself (“hyperreflexion”). This misidentification results in attribution errors and referential ideation.

Sometimes, though, the narcissist devalues the PNS, thereby asserting his superiority and indispensability to the group.

701.

The covert narcissist envies the overt narcissist’s charm, gregariousness, glibness, and effortless success.

When he grows up, the covert wants to become overt.

He seethes with envy and resentment at his inability to become a go-getter winner and at the overt’s uncanny propensity to pull the wool over everyone’s eyes.

The covert’s is a long and laborious way to nowhere in particular. The overt’s is the path of least resistance, a scammy shortcut to the pot with the most gold.

702.

Pathological narcissism, even in small doses, involves all-pervasive dissociation. This renders the narcissist incapable of either attachment or learning and personal growth.

Our identities depend on having continuous and congruent memories of both events and the emotional content they evoke.

Memory is the glue that holds together relationships with others and the integrity of one’s self.

703.

The shared fantasy results in a mass psychogenic illness affecting both members of the couple as well as in the victim’s prolonged grief disorder.

This is because the grooming phase involves the induction of a trans or pseudo-hypnotic dissociative state in the suggestible targets: amnesia, depersonalization, derealization (gaslighting), and fantasy (paracosm).

The abuser entrains (“brainwashes”) the abused party’s mind and deploys intermittent reinforcement, approach-avoidance, trauma bonding, and abuse in all its forms to effect a transfer of regulatory functions from the victim to himself.

The entrainment of the abuser’s intimate partner consists of the reorganization of her mind so that it generates nonautonomous cognitions and emotions (“artefacts”) intended to make sense of the shared fantasy. These linger long after it is over.

The narcissist takes over your mind. Learn how in this Grannon-Vaknin convo.

704.

Narcissism in young people is healthy. It is the foundation of self-esteem and self-confidence and allows for a stable and well regulated sense of self-worth. But can it go too far?

705.

When you break up with the narcissist, you literally fall apart. To end your grieving is to acknowledge and accept the loss of an object - but that object is YOU. You cannot get over your bereavement because you are mourning yourself.

At first, during the lovebombing and grooming phase, the narcissist offers you unconditional love, as a mother would. Then he idealizes you and causes you to become infatuated with your own idealized image. He invites you into a simulation, a paracosm, a shared fantasy where you merge/fuse into a single selfobject. Then he withdraws all these. He cancels YOU.

706.

Older narcissists tend to develop "mate selection anxiety".

Decades of mortifying failed relationships with deceitful, lying, sexually self-trashing, serially cheating, labile, and dysregulated intimate partners coerce the narcissist into the injurious realization that the kind of women he is likely to fall in "love" with are positively lethal to him.

Thus, many narcissists end up facing three unappetizing alternatives: infatuation with a ruinous partner; a dreary, sexless life with a safe partner; or profound, existential solitude.

707.

Trauma bonding is widely misunderstood as a form of extreme attachment fostered by traumatizing intermittent reinforcement.

But it is way more than that - which is why it is nearly impossible to disentangle and reverse.

Trauma bonding involved retraumatization. The abuser triggers and reactivates unresolved conflicts in early childhood (“archaic wounds”).

He engenders a multilayered and multidimensional resonance of unrequited pain and angst, both old and new.

By doing so, the abuser assumes a maternal role within a shared fantasy: at first, during the lovebombing and grooming phases, he promises unconditional love (via idealization).

But then he becomes a dead mother who is selfish, immature, withholding, insecure, and aggressively rejecting.

Who can give up on her real life mother or her reactivated, simulated mother introject? It is like getting a second chance at righting all the wrongs of childhood.

No one can give up on that. So, bonding sets in.

In this sense, trauma bonding, exactly like narcissism, is a fantasy defense gone awry.

708.

Debunking some narcissism myths:

1. Unambiguous physical or sexual abuse rarely results in adult (secondary) narcissism. To be afflicted with NPD (Narcissistic Personality Disorder), one needs to be pedestalized, idolized, pampered, instrumentalized, or parentified as a child and then abruptly and cruelly discarded. The adult narcissist spends a lifetime trying to recapture those lost moments of parental idealization.

2. Narcissists do have emotions, but they have access to and experience only negative affectivity: rage, envy, hatred and the like.

3. Narcissists have a truncated form of empathy ("cold empathy") which allows them to spot and leverage the vulnerabilities of their targets.

4. Narcissists dread abandonment ("separation anxiety") and are often dysphoric ("depressed"), especially when they fail to secure narcissistic supply.

5. Grandiosity is about being unique, not about being the best or the greatest or the most. So, the narcissist can brag about being the perfect loser, failure, or victim. This is especially true of covert narcissists.

6. Some narcissists are prosocial and communal: morally upright, altruistic, and charitable. They are ostentatious and grandiose about it all, though.

7. Psychopaths lie. Narcissists mostly confabulate: concoct self-aggrandizing narratives to bridge dissociative (memory gaps) with plausible scenarios.

8. Narcissists cheat less often than psychopaths because they are prone to abandonment anxiety and are terrified of losing their partners. They are less faithful during the bargaining and devaluation phases of the shared fantasy.

709.

Four cases of a fantasy defense gone awry: trauma bonding, identity disturbance, fantastic grandiosity, shared fantasy in narcissistic and borderline disturbances of personality.

710.

When someone with a Borderline Personality Disorder (BPD) acts out and cheats on her partner (secondary psychopathy self-state), she feels guilty and ashamed in the aftermath.

But she also dreads her mate's reaction. So, to ease her conscience, she voluntarily confesses but she also lies about what had actually happened.

Typically, she minimizes the transgression: "We just danced, or hugged, or kissed, talked, or drank, or had coffee together for old times sake".

Or she transposes the event to another place or time, usually conflating it with more innocuous but similar occurrences.

She feels justified to lie because she casts it in terms of self-defense against abusive reactions to her misconduct.

Gradually, she starts to believe some of her own prevarications and protests vehemently against any attempt to refute them.

She feels exonerated and vindicated, empowered, morally upright, and entitled to repeat her misbehavior and to lie about it, cornered as she is in a dead relationship by her abusive and rejecting partner (alloplastic defenses coupled with an external locus of control).

And since Borderlines read rejection and abandonment into every act of their mate or spouse, recurrent misdeeds and then lying is baked into any relationship with them.

711.

There is no worse combo than comorbid antisocial, narcissistic, and borderline personality disorders, diagnosed in about 10% of cluster B patients.

Scholars are beginning to reconceive of both Borderline Personality Disorder (BPD) and overt narcissism as forms of secondary and primary psychopathy, respectively.

This trifecta renders the afflicted impulsive risk takers, hostile, aggressive, egocentric, mistrustful, possessed of compromised empathy, and grandiose.

Each of the disorders is mutually compensatory and covers up for deficiencies in the other comorbid mental illnesses.

The disorders, in the form of self-states (subpersonalities or pseudoidentities) “take over” the patient’s total functioning in reaction to stressors and environmental challenges.

These transitions lead to an even greater identity disturbance.

712.

Psychopaths lie. Narcissists mostly confabulate: concoct self-aggrandizing narratives to bridge dissociative (memory gaps) with plausible scenarios.

Antisocial Personality Disorder Alternative Model (p. 764)

"Deceitfulness (an aspect of Antagonism): Dishonesty and fraudulence; misrepresentation of self; embellishment or fabrication when relating events."

Narcissists dissociate (erase memories) a lot (are amnesiac) because their contact with the world and with others is via a fictitious construct: the False Self.

In an attempt to compensate for the yawning gaps in memory, narcissists and psychopaths confabulate: they invent plausible "plug ins" and scenarios of how things might, could, or should have plausibly occurred. To outsiders, these fictional stopgaps appear as lies. But the narcissist fervently believes in their reality: he may not actually remember what had happened - but surely it could not have happened any other way!

These tenuous concocted fillers are subject to frequent revision as the narcissist's inner world and external circumstances evolve. This is why narcissists often contradict themselves. Tomorrow's confabulation often negates yesterday's. The narcissist does not remember their previous tales because they are not invested with the emotions and cognitions that are integral parts of real memories.

People with severe dissociation (memory lapses and "lost time") are often misunderstood and perceived as liars.

713.

The sadistic narcissist’s psychosexuality is centred on power: humiliating, subjugating, and dominating his partner as a stand in for all women.

Having accomplished this, he loses all interest in reciprocal sex and settles into a relationship of degrading abuse and, at times, celibacy. He rarely cheats on his prey.

But when his mate becomes independent or defiant, when she rebels against her role and his antics, he

suddenly evinces a hypersexual drive as he hunts for his next victim.

Infidelity and rejection conspire to push his disobedient erstwhile partner away and make room for the next target.

714.

Nothing terrifies the Borderline more than abandonment and rejection, real, anticipated, or imagined.

In the wake of repeated such harrowing experiences, Borderlines react in two ways, often alternating between them:

1. They avoid all contact with potential intimate partners, constrict their lives to work only, and become schizoid; or

2. They sexually self-trash in casual random sex, exclusively with strangers. This way, they never experience heartbreak, they mitigate the pain of having been rejected, restore their wounded grandiosity with their "conquests" ("validation" or "self-esteem"), and self-soothe.

Borderlines self-medicate with anxiolytic predatory men who often victimize and mistreat them egregiously, even in one night stands.

As a defense against the mortification, shame, and guilt involved in acting out and in being maltreated contemptuously, Borderlines immediately impose a romantic or defiant fantasy on the stranger they are with and the unfolding unsavory proceedings.

Borderlines react with derision and hostility to any attempt to undo the fantasy. They cast well-meaning and caring therapists, friends, intimate partners and family members as persecutory objects, almost enemies.

Unfortunately, Borderlines tend to pick narcissists as mates. Narcissists dread true intimacy and regard it as a threat, a permanent challenge to their grandiosity. Borderlines equally undermine intimacy for fear of being engulfed or enmeshed.

The two parties abuse each other as they attempt to cause their partners to decompensate and act out (misbehave), affording them an excuse to break up. This process of restoring one's comfort zone by modifying the partner's behaviors is known as projective identification.

715.

High-functioning Borderlines succeed to regulate their emotions and moods for certain periods of time, giving the impression that they are actually grandiose covert narcissists (Borderlines are as grandiose as narcissists and psychopaths).

Here is how to tell the difference:

Covert (fragile, shy, vulnerable) narcissists never experience suicidal ideation or attempt suicide. They externalize aggression and are typically negativistic (passive-aggressive);

Covert narcissists do not experience separation insecurity (abandonment anxiety) and they maintain object constancy;

Covert narcissists are not clinging or needy;

Covert narcissists are self-efficacious, most borderlines are self-defeating;

Borderlines are self-critical. Akin to neurotics, they have autoplastic defenses and dichotomous thinking (splitting). Covert narcissists have alloplastic defenses;

Borderlines are highly emotive and dysregulated. They are overwhelmed by their emotions. Covert narcissists display only negative affectivity and often have reduced affect display.

716.

According to the Karpman drama triangle, fixer, savior, rescuer, messiah types get very frustrated when they fail to “fix”, “rescue”, or save their quarry or when their ostensibly well meaning offers to help are rejected.

Frustration easily turns into aggression directed at the very person they had claimed eternal love for and devotion to. They seek to destroy the source of the narcissistic injury.

These behavioral shifts strongly indicate that fixers, saviors, and rescuers are covert narcissists.

717.

Narcissists are so alien. How can we ever hope to understand the madness?

718.

Adolescent Narcissism: Personal Fable, Imaginary Audience, Depressive Realism, Defensive Pessimism, Hostile Attribution Bias or Intent.

719.

When the narcissist says "I miss you", he means:

I miss what you had been giving me (sex, services, narcissistic supply, money, connections);

I miss the way you saw me (genius, handsome, awesome, amazing, fascinating, unique);

I miss the situation we had both found ourselves in: an empowering fabulous fantasy of immaculate love, perfection, and cinematic attainments.

He never misses YOU. He misses what he thought he had with you.

He misses his magical former self, not you.

Narcissists never have relationships - only situationships.

720.

The narcissist needs to "pop the cherry" of “his” woman: convert her from boundaried, agentic, and regulated (however minimally) to psychosexually submissive, masochistic, and self-trashing.

He believes that this primacy renders him unique and in control as she becomes addicted to him and to his kinky sex.

If a woman is already utterly self-trashing, the narcissist feels like a statistic, negated, narcissistically injured, even mortified.

Hence the aversion most narcissists have to casual sex with drunk “loose” women.

In a long-term relationship with such an unboundaried woman, the narcissist feels unsafe because he cannot perceive himself as either special or as her master who had moulded her and made her what she is (Pygmalion’s Galatea).

721.

Loving the narcissist is a very agonizing experience. Why?
Lack of empathy
Indifference after lovebombing: death of a dream and the shared fantasy
Withdrawal and avoidance
Scouting for alternatives and discard
Sexlessness
Paranoia
Possessiveness
Narcissistic rage
Depression
“Love” conditioned on performance
Intermittent reinforcement
Devaluation
Memory lapses and confabulations
Impaired reality testing (grandiosity as cognitive distortion)
Miscommunication
Intransigence

722.

Grandiosity is often confused with aggression and sadism because it is intertwined with these behavior patterns.

When grandiosity is challenged, narcissists, psychopaths, and borderlines feel slighted, threatened, and frustrated and react with rage as they attempt to punish, modify the behavior of, or eliminate altogether the source of frustration. Overt hostility is less common among covert narcissists who are usually passive-aggressive.

A sadist leverages grandiosity to humiliate, shame in public, and discomfort his target.

But grandiosity in itself is a cognitive distortion, much like a defense mechanism gone awry. It reframes information and reality to buttress the grandiose person’s fantastic and inflated view or perception of himself/herself.

Narcissists transition from an overt state to a covert one via a process of collapse (systemic and prolonged failure to secure narcissistic supply).

But some narcissists remain stuck in the interim period and create a binary system: a sadistic, grandiose overt which dominates and humiliates the covert self-state, acting as a kind of harsh inner critic gone awry.

The overt subpersonality is in charge of sustaining the grandiosity cognitive distortion by interacting with potential sources of supply. But it then colludes with them and weaponizes them to further depress the covert.

Aware of the role of the overt as a fifth column or a Trojan horse, the covert pseudoidentity preemptively devalues everyone the overt is in touch with, defanging them this way and denying them

the ability to cause narcissistic injury.

As distinct from reactive devaluation, the preemptive variant is solely interiorized, a part of the passive-aggressive arsenal of the covert.

The covert also easily gets bored and loses interest (decathects) in various undertakings in order to deny the overt the opportunities to be in touch with people and turn them against the covert.

723.

Is parental alienation for real? Are Alienators narcissists or psychopaths? Why do children collude with the alienating parent? What are the lifelong effects on children?

Andy Martens and Mary Kovacs in the Andy Martens Show.

724.

The narcissist prefers to be in dead relationships because he is utterly dead inside.

Being no more than a walking-talking corpse, the narcissist feels safe only in a cemetery.

The narcissist's inability to give life and to partake in it is a major narcissistic injury and the fount of mortification.

So, he attempts to deaden his partner, assassinate her enthusiasm and joie de vivre, constrict her autonomy and exploratory spirit, and stunt her growth.

The narcissist is like rot or gangrene, spreading through his partner's healthy parts until she is no more - like him, rendered an automaton with faulty programming.

The narcissist devalues you because you won't freeze, play dead, and conform to your snapshot in his mind. This challenges his grandiosity and amplifies his separation insecurity (abandonment or separation anxiety).

But there is another reason: the narcissist wants you dead because he is already dead and it is lonely out there, in the void, in oblivion.

725.

The narcissist conjures his intimate partner in the shared fantasy - and then dematerializes her.

The shared fantasy is both a template and a matrix: a rigidly coded simulation which, like many other AI applications, yields unexpected results.

The shared fantasy is also both a network and a hierarchy.

The hierarchical rigidity of the shared fantasy is manifest in the conjuring act: the narcissist coerces his mate to be and to behave in regimented, micromanaged, and minutely specified ways.

But, being the simulation that it is, the narcissist desubstantiates his partner, forces her to renounce reality and herself.

Thus caught in a dreamlike cobweb, both parties develop paranoid ideation. In the cultlike settings of the shared fantasy, life itself is the enemy.

And though the narcissist/programmer seems to be in control, actually anything is possible in the nightmare that evolves.

The network effects of this form of lucid dreaming as psychogenic illness are unforetold.

Hence the hallucinatory crazymaking and cataclysmic dénouements of all romantic relationships with the narcissist.

726.

Narcissism is a fantasy defense gone awry. There are two types of narcissistic fantasies: grandeur (money, sex, power, access, and/or adulation) and shared ("perfect love" with a "soulmate").

The narcissist is far more prone to engage in the latter when he is in the throes of the former. He is also far more psychopathic when mired in the grandiose fantasy.

The demise of either fantasy leads to the ultimate unraveling of the other. But the grandeur fantasy is more resilient and takes longer to fold.

When a shared fantasy goes bunk abruptly, the narcissist embarks on frantic and indiscriminate efforts to find an alternative.

Only when he fails at the "discard and replace" phase is the grandiose fantasy adversely affected, too.

727.

Both the Borderline and the narcissist idealize their partners, but for very different reasons (etiology) and through disparate psychodynamic processes. Yet, the outcome is the same: abuse and breakup. How come?

The Borderline truly loves her mate and outsources to him the regulation of her moods and affects (emotions).

Consequently, her dependence on him is absolute which amplifies both her separation insecurity (abandonment anxiety) and her fear of engulfment (losing herself in him).

Subject to the torsion of these twin terrors, the Borderline decompensates and acts out abusively and then seeks the dissolution of the bond both aggressively and passive-aggressively.

The narcissist idealizes his target in order to idealize himself. Co-idealization: my partner is ideal, therefore I am ideal. There are no emotions at play - just the elation of grandiosity affirmed.

But, over time and inevitably, the narcissist's mate diverges and deviates from her idealized rendition (the introject or "snapshot").

The narcissist reacts to any such discrepancy with fury (narcissistic rage) and starts to devalue the source of the incessant frustration.

The resulting relentless assaultive abuse ends up decimating the bond (shared fantasy).

728.

Some narcissists devalue and discard their partners during a pregnancy or shortly after childbirth. What gives?

A pregnant female is an autonomous, agentic woman. This challenges and undermines the inert and malleable internal object that represents her in the narcissist's mind (her "snapshot" or introject).

The narcissist reacts with separation insecurity (abandonment anxiety) to this divergence. He is humiliated at his exposed dependence and helplessness.

In an attempt to rid himself of these negative affects and the attendant frustration, he aggressively devalues his partner and then dumps her unceremoniously.

The narcissist typically protests his victimhood, claiming to have been "neglected and ignored".

Moreover, the narcissist cannot control the processes and emotions unfolding in his partner's body and mind. He cannot outdo or outcompete her (he cannot get pregnant or give childbirth). This comparative inferiority constitutes a protracted narcissistic injury best avoided.

729.

Merry Christmas! May all your gifts come true!

The narcissist depends on his coterie for Narcissistic Supply. He resents this addictive dependence and himself for being so frail and impotent. It negates his self-delusional grandiose fantasy of omnipotence.

To compensate for this shameful neediness, the narcissist holds his sycophantic acolytes in contempt. He finds his fans, admirers, and followers repulsive and holds them to be inferior.

He sees himself reflected in their presumptuousness and sense of entitlement and resents this constant and tawdry reminder.

Fans often claim to possess inside information about their idol and to have special rights to privileged access simply by virtue of their unbridled adulation and time-tested loyalty.

But, the narcissist, not being a mere mortal, believes himself to be beyond human comprehension and refuses to render anyone special by granting him or her concessions denied to others.

Being special is his exclusive prerogative. His followers's conduct implies a certain egalitarian camaraderie which the narcissist finds abhorrent, humiliating, and infuriating.

Groupies and hangers-on somehow fancy themselves entitled to the narcissist's favour and largesse, his time, attention, and other resources. They convince themselves that they are exempt from the narcissist's rage and wrath and immune to his vagaries and abuse.

This self-imputed and self-conferred status irritates the narcissist no end as it challenges and encroaches on his standing as the only source of preferential treatment and the sole decision-maker when it comes to the allocation of his precious and cosmically significant wherewithal.

730.

Cold Therapy is a treatment modality for Depression and for Narcissistic Personality Disorder (NPD).

Developed by Sam Vaknin, Cold Therapy is based on two premises: (1) That narcissistic disorders are actually forms of complex post-traumatic conditions; and (2) That narcissists are the outcomes of arrested development and attachment dysfunctions. Consequently, Cold Therapy borrows techniques from child psychology and from treatment modalities used to deal with PTSD.

Cold Therapy consists of the re-traumatization of the narcissistic client in a hostile, non-holding environment which resembles the ambience of the original trauma. The adult patient successfully tackles this second round of hurt and thus resolves early childhood conflicts and achieves closure rendering his now maladaptive narcissistic defenses redundant, unnecessary, and obsolete. It was found to also be effective with major depressive episodes.

Cold Therapy makes use of proprietary techniques such as erasure (suppressing the client's speech and free expression and gaining clinical information and insights from his reactions to being so stifled). Other techniques include: grandiosity reframing, guided imagery, negative iteration, other-scoring, happiness map, mirroring, escalation, role play, assimilative confabulation, hypervigilant referencing, and re-parenting. It is proving to be an effective treatment for major depressive episodes (see this article about the link between pathological narcissism and depression and this article about depression and regulatory narcissistic supply in narcissism).

731.

In a futile attempt at closure, the narcissist keeps re-enacting, throughout his adult life, early childhood conflicts with his parents, who are also important sources of narcissistic supply.

Naturally, the narcissist has a mixed reaction to the passing away of his parents. It is composed of elation and a sense of overwhelming freedom mixed with grief.

The narcissist is attached to his parents in much the same way as a hostage gets "attached" to his captors (the Stockholm syndrome), the tormented to his tormentors, or the prisoner to his wardens.

When this bondage ceases, the narcissist feels lost and released, saddened and euphoric, empowered and drained.

Narcissistic parents treat their children as extensions, or mere instruments of gratification. They disrespect the child's emerging boundaries and are, thus, abusive.

Narcissistic parents control and emotionally blackmail their offspring and instill in them guilt, shame and codependence.

732.

Mislabelling and misidentifying internal dynamics is a common cognitive distortion among cluster B patients. Self-deceiving mental artifacts and self-gaslighting are the hallmarks of several personality disorders, including Narcissistic and Borderline.

Consider, for example the interpersonal dimension.

The personality disordered are totally incapable of any intimacy and of any emotions whatsoever in sex and, more generally, with people.

They habitually confuse dependence, limerence, novelty, infatuation (rush), exhibitionism, masochism, defiance, competitiveness, possessiveness, neediness, and people pleasing with love and intimacy. These, of course, are not the same things, not by a long shot. Actually, they are the antonyms of love and intimacy.

It FEELS like emotions and intimacy to these patients because they know no better and no different.

When they attempt to identify and label their dim stirrings, they simply resort to the vocabulary of healthier, normal folk. But this linguistic sleight of hand doesn't make it so, needless to say.

733.

Low tolerance for uncertainty, a tendency to catastrophize, and generalized anxiety often result in addictive or obsessive-compulsive behaviors intended to either suppress the discomfort or ritually fend off “bad things”, respectively.

Obsession-compulsion and addiction also involve dissociation either as a cause or as an effect. This is why obsessive-compulsives check time and again whether they had locked the door and why addicts have such patchy memories.

734.

Return

Sex
And
Intimacy:
Forgotten Arts

157.

Intimate relationships entail the experiencing, triggering, and display of one's vulnerabilities. Many find this integral and critical component of intimacy frightening or distasteful.

Being vulnerable is childlike and, therefore, could be a wonderful feeling: excitement and relief in equal measures. To cast aside all masks is to liberating. To finally be 100% you is exhilarating. To be accepted as you truly are is to be loved.

The disclosure of one's "weaknesses", fault lines, and deficiencies gives rise to anxiety only when you don't trust the other party, when you are worried that he might disparage the newly gained information, reject you, or, much worse, leverage your openness, wounds, and needs to his advantage.

158.

Divorce is a good exit strategy out of an abusive relationship.

But the problem is that people use it as a first - not last - resort. Whenever things get even trivially tough - they bail out rather than try harder.

Nowadays, people give up owing to DIFFICULTIES - not to ABUSE. They MISLABEL difficulties as “abuse” in order to justify their lack of perseverance.

Our civilization relies on disposable and replaceable products - and we treat each other the same way.

The modern concept of a romantic dyad based on infatuation causes people to renounce reality in favor of fantasy and so they idealize their partners. This inevitably leads to disillusionment and breakup.

The misguided concept of a love-based marriage (romantic love) changed the way we select mates.

It is a modern phenomenon. Previous generations were transactional and saw each other in a realistic light. The mass media - cinema and romantic literature, especially - taught us to idealize our intimate partners in any and all ways.

Many studies have shown that people in marriages that were arranged or subject to matchmaking grew to love and respect each other. Basing mate selection mostly on lustful sex and on attraction got humanity into the relationship mess we have now.

159.

The separation of emotions from sex has challenged our very ability to experience, engender, or enjoy intimacy within stable dyads.

Men have been incapacitated by such practices for millennia now. Currently, women are defiantly and ostentatiously going the same broken road of promiscuity and near-anonymous, masturbatory casual sex.

Emotionless sex is pathological: it is psychopathic and schizoid. It involves the objectification and dehumanization of the partner in an ambience of fake instant intimacy. Hence the splitting defense known as the Madonna-whore complex, for example.

Rampantly available casual sex removes the incentives to commit or to invest in a relationship and

leads to atomization, alienation, and malignant, froward self-sufficiency.

Hundreds of studies have concluded that people born after 1995 have severe intimacy, relationships, and sexual deficits (they are largely asexual in between rare hookups) even as the rates of schizoid withdrawal (think social media), depression, and anxiety among them have skyrocketed. Watch my video on youth sexlessness.

160.

There are two kinds of intimacy: one that leads to sex and another that inhibits it.

The first kind is almost instant and is based on physical attraction. Coupled with kindness and attentiveness, the parties feel safe precisely because they are strangers: no strings attached, never likely to meet again. They can afford to let go, share, be themselves, allow all masks to slip, and cater unabashedly, even recklessly, to their deepest urges.

Providing that the encounter did not end with abuse or assault, a whiff of the intimacy lingers on as a fond, lifelong memory. Sometimes, the one night stand evolves into a friendship, with or without benefits.

The second variant of intimacy is the mirror image of the first: it hails from a total absence of sexual tension. The parties feel secure exactly because sex is not in the air. As familiarity creeps in glacially, intimacy builds up. It is like the comfort of an old slipper and the coziness of a fireplace in dead winter.

Problems start when expectations mismatch: the homely friend aspires to become the torrid lover and the casual sex partner falls in love. Once rebuffed and spurned, they both feel exploited and abused.

161.

In casual sex, intimacy is incidental to the sex which is center stage. It is an occasional byproduct.

In a love relationship, sex is incidental to the intimacy that is the heart and fuel of the couple.

The quality of the sex is informed by this intimacy and it bears little resemblance to the casual variant.

In fact, a whopping 80% among women and 60% of men rated casual sex as terrible and a majority of both men and women did not reach orgasm.

The culprit may have been a lack of familiarity with the partner's (objectified) body but also a lack of intimacy in a typical one night stand which is essentially a form of mutual masturbation between an animated dildo and a breathing sex doll.

162.

Setting boundaries is a two-edged sword. On the one hand, boundaries inhibit unacceptable conduct. On the other hand, if they are established and promulgated in the wrong way, they can actually provoke aggression, defiance, and retaliation and incentivize lying and deception by others.

For boundaries to be effective, they must meet four conditions:

1. They should be firm and rigid, never fuzzy or negotiable;

2. They must be clear and unequivocal and communicated unambiguously;

3. They must come replete with carrots and sticks applied to everyone automatically and equally - including to oneself: rewards for behaviors that conform to the boundaries and punishments for any violation. The deterrent inherent in them must be credible and just - not knee-jerk and arbitrary.

4. Zero tolerance: first strike and you are out, first breach and you are gone, first offense or incident of maltreatment and the offending perpetrator is history.

163.

Your wife dolls up, grabs a bottle of liquor, excited, and rushes through the door at 21:30 PM. She says that she was invited for a late dinner by a friendly couple. Do you believe her?

Belief is not the same as trust. It is purely cognitive, not emotional.

First, you have to care enough to scrutinize and contemplate the issue. If the outcome is of no importance to you, the resource-efficient path of least resistance is to believe.

Next: the facts must align with the belief, they cannot be blatantly counterfactual. If the facts match a possible benign interpretation, you are likely to adopt it so as to reduce dissonance and hurt, owing to her deceit (confirmation bias). If you wish or are forced to maintain the status quo, turning an inner blind eye (self-deception) is the only viable option.

Finally, awareness and even vigilance are inversely proportional to the extent of idealization, splitting, projection, reframing , and other defense mechanisms. You are far more likely to believe your wife if you are still idealizing her, for example. Eyes wide shut are conducive to belief.

164.

Spouses and intimate partners cheat for several possible reasons and each cause dictates a different style of betrayal and adultery.

Some cheat in order to seek novelty, experience variety, and because they are aroused by the forbidden and socially proscribed fruit of two-timing.

Others are out to cater to their unmet needs, but they lie and deceive so as to not hurt the partner, or to preserve the marriage/couple for whatever reason, pecuniary or amorous.

165.

There is an almighty confusion regarding people with low or no sex drive. Here is a helpful disambiguation guide.

Asexual: someone who is devoid of an other-directed sex drive. Some asexuals do not crave intimacy, companionship, or romance either.

Hyposexual: a person whose sex drive is either infrequent or intermittent and is distressed by this self-perceived deficiency.

Schizoid personality: he finds sex unappealing, repetitive, and tedious and so avoids seeking it. Most schizoids also abstain from having any relationships.

Schizoid style: unlike the schizoid personality, the style enjoys sex but will not go out of his way to find it. He can go years or decades without sex, but when the opportunity throws herself at his feet, he thoroughly enjoys the proceedings.

Cerebral narcissist: he derives narcissistic supply from his intellectual pyrotechnics and converts his celibacy into a proud ideology, feeling superior to common folks who lust and bang bestially.

Histrionic: oddly, flirtatious and seductive as they are, most histrionics are sex-averse (“frigid”). They regulate their moods and self-esteem via the chase and the conquest, not the act itself.

166.

In the DSM-5, male hypoactive sexual desire disorder is characterized by "persistently or recurrently deficient (or absent) sexual/erotic thoughts or fantasies and desire for sexual activity", as judged by a clinician with consideration for the patient's age and cultural context.

Female sexual interest/arousal disorder is defined as a "lack of, or significantly reduced, sexual interest/arousal", manifesting as at least three of the following symptoms: no or little interest in sexual activity, no or few sexual thoughts, no or few attempts to initiate sexual activity or respond to partner's initiation, no or little sexual pleasure/excitement in 75–100% of sexual experiences, no or little sexual interest in internal or external erotic stimuli, and no or few genital/nongenital sensations in 75–100% of sexual experiences.

For both diagnoses, symptoms must persist for at least six months, cause clinically significant distress, and not be better explained by another condition. Simply having lower desire than one's partner is not sufficient for a diagnosis. Self-identification of a lifelong lack of sexual desire as asexuality precludes diagnosis.

(Wikipedia)

167.

Everyone has an attachment style. But some people have "flat attachment": they are incapable of any kind of bonding or relatedness at all. Not even an avoidant, fearful, or dismissive one. Nothing, nada, zilch.

Flat attachers regard other people as utterly interchangeable, replaceable, and dispensable objects or functions. They lack emotional empathy and are robotic and emotionless. They instrumentalize and weaponize sex, but find the adult, mature, reciprocated variety excruciatingly dull.

When a relationship is over, people go through a period of "latency": mourning the defunct bond and processing the grief and withdrawal symptoms associated with a breakup.

Not so the flat attacher: he or she transition instantaneously, smoothly, abruptly, and seamlessly from one (in)significant other to the next "target" and fully substitutes a newly found beau, lover, mate, or "intimate" partner for the discarded one whose usefulness has expired for whatever reason.

All schizoids, many narcissists and almost all psychopaths and paranoids are flat attachers.

168.

Fantasies are either compensatory (you can’t get the real thing, so you fantasize) - or inhibitory (you are afraid to pursue the real thing, so you fantasize). All fantasies are, therefore, healthy (“normal”) regardless of their contents.

There is no such thing as "perverse" sexuality. Victorian middle-class values aside, if the sexual behavior harms no one (including oneself) and is consensual (between consenting adults), then it is considered by psychologists and psychiatrists alike to be utterly both healthy and normal.

Homosexuality, bisexuality, BDSM (Bondage, Discipline, Dominance, Submission, Sadomasochism), cross-dressing, water sports (golden showers), role playing and fantasy, and group sex or threesomes - all these are nowhere to be found in the two bibles of psychiatry: DSM 5 and ICD 11. I have done them all and they have enriched my sex life and rendered it a pleasurable pursuit and an adventure.

So, next time someone tells you that you or your sexuality are perverse - tell him to get rid of his hangups and inhibitions with the help of a good sex therapist.

Ironically, taken to extreme, such a judgmental, puritanical, and restrictive-normative attitude towards sex IS a sign of mental health problems, IS in the DSM, and is the hallmark of backward societies and arrested personality development or sick upbringing ("some sex is dirty"), or, commonly, both.

What about pedophilia? No consenting adults. Coprophagia? Medically dangerous. But even these are not "perversions". They are paraphilias.

More: http://samvak.tripod.com/pedophilia.html

169.

Presentation to the 2nd International Webinar on Psychology and Psychiatry, March 2021

Casual sex is a continuum: from pornography, to cybersex and sexting, one night stands, to casual sex, like FWB (Friends with Benefits). The spectrum runs from the impersonal to the personal and from the merely visual to a total experience.

One night stand and casual sex satisfaction very low and participants insist that it is emotionless, meaningless/meant nothing, and the partner is a nobody. They compare it to masturbating with another's body (autoerotic empathy through the other's gaze, L. Rangelovska): animated sex doll or dildo.

But it is easy to prove that this is false: casual sex is anything but casual, it is narrative intended to resolve multiple dissonances triggered by the lack of subsequent bonding. It is a rupture of the typical sexual script even when both parties are fully aware and consensual.

(1) Intimate partners (who had experienced casual sex first hand) react with jealousy and breakup when their mates have one night stands: they consider it to be a significant deal breaker;

(2) Some of these encounters evolve into relationships. Had casual sex been totally emotionless and meaningless, this would have never happened;

(3) Participants report negative or positive emotions after the sex: shame, guilt, and anger (mostly among women or following substance abuse), satisfaction, pride, and elevated self-esteem (among men and also among women with personality disorders). This signifies that the sex was a meaningful experience that triggered an emotional cascade;

(4) Sex: initial info exchanged, hormonal cascade, long-term memories (hippocampus);

(5) Use of alcohol and drugs to alter the perceptions of the potential partner's attractiveness, to enhance intimacy (via ritual), and disinhibit (overcome socialization) proves that casual sex is a momentous event that requires a massive effort and investment and an alteration of the personality and its scripts;

(6) Casual sex involves trust (physical and emotional), a sense of safety (hence beta preference), suspending defenses, and exposing vulnerabilities. These are some of the most profound and transformational emotional experiences (also common in love and in therapy);

Sex is a drive/urge, so opportunity driven: even unattractive partners with incompatible smells and offputting behavior (such as stinginess/being cheap, pushy, vulgar, aggressive) are game.

Casual sex is a part of mate selection: a test drive. Many attempt to convert it to some type of relationship (friends with benefits, or even a romantic one).

Intimacy in casual sex involves: attentiveness, kindness/succor, passion (irresistibility), directness/honesty, matching expectations, leadership, good time/fun, affection, compassion, comfort, non-judgmental/non-critical, equality.

170.

Women choose "beta" males on Tinder when they date or have casual sex, not "chads". They want to remain empowered singles. "Alpha" males on Tinder are Dark Triad personalities (narcissists and psychopaths), interested in hookups. People use dating apps almost exclusively for entertainment, to boost to self-esteem, and to find an intimate romantic partner. When it comes to real-life face-to-face dating or to finding sex, the apps are a total failure.

171.

Surveys conducted by Zoom, Webex and other popular videoconferencing apps discovered that users are very worried about sexually explicit material exchanged in sexting making it into the public domain.

In this day and age of rampant digital promiscuity and infidelity, attitudes about nudity and sexuality are far more permissive and relaxed. So, why the extreme discomfort and anxiety?

Because indiscriminate sexting with virtual strangers (but not with friends or intimate partners) is highly correlated with mental health issues such as a dysregulated sense of self-worth, low self-esteem, alcoholism, mood lability, emotional dysregulation, erotomanic delusions, cluster B personality disorders, reactance (defiance), recklessness, issues with power and control, depression, decompensation, acting out, object impermanence, lack of impulse control, eating disorders, sleep deprivation, body dysmorphia, among others. Such behavior is indicative of self-trashing which is a self-defeating or even self-destructive behavior.

In other words: someone who constantly and compulsively sexts with multiple random acquaintances is very likely to be bad news - first and foremost to herself. No one wants to be stigmatized with such disclosures, not even the mentally disordered or ill.

172.

Once promiscuous – always promiscuous? The short answer is: yes, but intermittently.

Promiscuity is having sex with multiple partners, mostly total strangers, indiscriminately and impulsively. It is a compulsive reaction intended to ameliorate to stress, anxiety, and perceived rejection. It is a form of reckless self-trashing that sometimes involves practices such as group sex, and adverse outcomes such as rape and recurrent sexual assault.

Promiscuity often starts in early to mid-adolescence and then it involves incest, molestation, gang rape, or pedophiliac and hebephiliac sex. With age, promiscuity is replaced with other addictions and

with substance abuse (most often, alcoholism).

Many promiscuous individuals apparently settle into a more or less sublimatory (socially acceptable) functional lifestyle, replete with jobs and families. But the trait never goes away: it is there, lurking. Given the right adverse circumstances, acting out leads to flareups and relapses: bouts of uncontrolled sex, flagrant infidelity, and self-endangerment.

Promiscuity is highly correlated with many mental health disorders, among them Borderline Personality Disorder and psychopathy. The promiscuous psychopath is an especially menacing type as she tends either to objectify her partners (in one night stands) or to stalk or blackmail them. Both types use promiscuous sex to shore up their self-esteem and regulate their moods. For the psychopath, sex is an aggressive winner takes all zero sum power play.

Short-term promiscuity is also a common behavior among mentally healthy people who had undergone a traumatic breakup or divorce.

173.

The partner's cheating and promiscuity legitimizes the sexlessness of the schizoid cerebral narcissist in 2 ways:

1. The partner is dirty, corrupted, sick, revolting and, therefore, it is her fault that she is sexually undesirable; and

2. She does not regard the narcissist as special to her or unique. He is merely a statistic, just one of many. It negates his grandiosity and provokes legitimized aggression expressed via sex withdrawal.

Such a partner challenges the narcissist's grandiosity: he is the one who will get her hopelessly addicted to him and get her to give up on her sexuality, sacrifice it just so as to not lose him. It is a perverted form of the typical male savior/fixer/rescuer role.

174.

Many people ask me: "What's your beef with casual sex?" I have none. Casual sex with friends (with benefits) or in situationships is a wonderful way to communicate emotions, compassion, comfort, and enhance wellbeing.

My problem is with one night stands. Never mind what hookup adherents tell you, the biological and psychological data are overwhelming: one nighters involve emotions, attachment, and intimacy to varying degrees. To deny and repress these repeatedly sounds a lot like self-trashing to me.

Moreover: participants in one night stands report liking and trusting the partner. But they refuse to explore further: they deny themselves the incalculable riches and pleasures that real intimacy - getting to know the intricacies of another person - provides. One night stands are about self-gratification, power, and objectification of the other: the hallmarks of narcissism and psychopathy.

Indeed, recent studies in 21 countries have all come to the same conclusions: the vast majority of people who engage in one night sex (and compulsive sexting) possess marked dark triad traits (narcissism, psychopathy, Machiavellianism).

175.

If you keep choosing intimate partners who are catastrophically wrong for you (repetition compulsion), my advice is: avoid relationships (and, if you can, sex) altogether. Stay single and find other founts of gratification and happiness. In short: sublimate.

Alcohol is pleasurable and disinhibiting, but alcoholics deny themselves alcohol because they cannot manage its consumption and owing to its long-term costs.

Similarly, sex and intimacy are wonderful, but, owing to recurrent self-destructive mate selection, their long-term consequences can be ruinous. The wrong partner can cost you your sanity - or even your life. A succession of them is bound to doom you to an early grave.

176.

Some people maintain multiple, secretive, separate relationships, cheating on everyone simultaneously, and juggling numerous conflicting expectations and schedules.

Such deceptiveness is often the outcome of a pernicious combo of insecurity and catastrophizing.

They anticipate the eventual and inevitable disintegration of their relationships. Having a labile sense of self-worth and low self-esteem, they equally distrust their ability to find a replacement.

So, they say "yes" to every passing opportunity, hoarding options, taking out romantic or sexual insurance policies. Just in case, you see.

177.

The number of sexual partners until age 31 for both men and women had tripled (!) over the past 13 years. Promiscuity (indiscriminate sex with relative strangers) is now normative. But there is a huge difference between promiscuity and sexual self-trashing.

Self-trashing is always compulsive, promiscuity is not (though it is sometimes impulsive and situational).

Promiscuity is an active role and is often experienced as an empowering lifestyle choice or a conquest. It boosts the participants' self-esteem and their inner locus of control.

In contrast, self-trashing is masochistic, self-punitive, passive, and is chiefly intended as an anxiolytic (anxiety ameliorating) and antidepressant activity. It is self-medication via temporary, self-loathing sexual self-annihilation.

In self-trashing, the preliminaries (flirting, courting, dating) are perfunctory, minimal, or nonexistent: sex is the first move, not the culmination. The self-trasher actually ends up bedding unattractive mates as a way to further despoil and degrade herself. She typically engages in kinky, reckless, or extreme sexual acts in the first few minutes with unknown strangers.

Alcohol and drugs frequently precede both types of sex. But the promiscuous use substances to disinhibit themselves while the self-trashing leverage the same to numb themselves often to the brink of a blackout or unconsciousness.

Finally, promiscuity is usually ego-syntonic. Self-trashing is sometimes ego-dystonic (though always defiant, assertive, and self-efficacious). Self-trashers often describe the sex as cursory, disappointing, objectifying, "disgusting", "unpleasant", or "uncomfortable".

Some self-trashers report shame, regret, anger, disappointment, and guilt, emotional blunting, and an increase in anxiety and depression after the act. This is very rare among the truly promiscuous.

178.

The world is what YOU make of it. It is the truest cliche ever.

If I may give two pieces of relationship advice as an old man on his way out?

1. Do not try to eat the cake and have it. Do not play the two ends down the middle. Do not two-time and cheat or deceive, never mind the pretext and the context.

If you act this way, you end up losing everything - and alone.

Never mind how good your reasons to keep silent are - always be honest and straightforward with your partner.

2. Never do everything and anything with total or relative strangers. Keep something special for your intimate relationships. Make your partner feel unique by reserving some experiences exclusively for your loved ones.

179.

When You Are Their Sex Prop: Exhibitionism, Autoeroticism, Masochism.

Autoeroticism (regarding oneself as one's sex object) often goes hand in hand with exhibitionism (becoming sexually aroused by another's objectifying gaze). The more numerous the observers, the more intense the sexual excitatory state. Exhibitionism is also a "conquest", a power play and can easily become a paraphilia (exposing oneself to unwilling bystanders).

That is why the autoerotic - mainly narcissists and psychopaths - gravitate to group sex with total strangers even in early adolescence.

The autoerotic objectify not only themselves but also the partner, whose body they use as a sex toy, to masturbate with.

Thus, the partner's identity is utterly incidental: he or she could be anonymous strangers encountered only minutes or a few hours before the act.

Casual sex is the autoerotic's staple: in his committed relationships, s/he is typically sexless.

Sex with the autoerotic is an eerie sensation: disembodied, mechanical, non-reciprocated, infantile, and lonely as the autoerotic partners focus exclusively on their bodies and on their self-gratification.

The intimate partners of the autoerotic invariably develop sex aversion to them. The autoerotic's solipsistic self-focus, defiance, and oblivion to the partner is also a narcissistic injury and triggers aggression in narcissists and psychopaths.

Paradoxically, precisely because the partner is a mere generic, undifferentiated prop, as long as they are sexually catered to within the relationship, the autoerotic rarely cheat on their mates. At any rate, they are actually making love to themselves.

If s/he is masochistic, the autoerotic's on the fly sex involves extreme self-trashing: sex with unwanted, little-known, or inappropriate partners in degrading circumstances or environments. Less

commonly, cheating serve or even celibacy the same purpose of self-despoiling ("I am a bad, unworthy object").

The self-trashing autoerotic abuses substances with the aim of disinhibiting herself and numbing herself to her socially unacceptable conduct and possible unconscious ego dystony.

180.

People tout the wisdom of having sex on a first date and cohabitation before tying the knot. Research is unequivocal: both are seriously bad ideas.

Sex on a first date often becomes a one night stand. Social stigmas aside, because the parties know close to nothing about each other, the copulation sucks and leads to disappointment rather than to enhanced intimacy.

More than two thirds of practitioners of casual sex report not having climaxed (the figure is much higher for women).

Moreover: you can learn nothing about your sexual compatibility with someone from a single encounter with effectively a stranger.

Similarly: sharing living quarters results in a much higher rate of breakups and divorces. Counterintuitive - but true, all the same. Takes away the mystery, I guess.

And in the absence of the mysterious - what is left between a man and a woman? Not much.

181.

Extreme promiscuity (self-trashing) is a form of self-mutilation, akin to cutting or burning in Borderline Personality Disorder. It caters to the same two mutually exclusive needs: to feel alive again and to numb overwhelming and dysregulated emotions.

Extreme promiscuity is distinct from the healthy variety in that the sexual partners and circumstances of the sex are both wrong, unappealing, or degrading.

The reasons for extreme promiscuity are skewed (reframed) or slight (sex for little or no cause and with very brief or few antecedents).

Like in other forms of sexual compulsivity ("sex addiction"), the self-trasher convinces herself that she is in full control and that what she is doing is actually not "real or meaningful or full-fledged sex" because it lacks the emotional component, it is only mechanical or physical.

Extreme promiscuity is closely correlated with mental health issues, many of which are exacerbated by the unboundaried self-trashing: depression, anxiety, and substance abuse (especially alcoholism).

Psychologically, self-trashers present an intriguing duality.

They have the cognitive-linguistic-analytical capacity of adults coupled with the unboundaried emotional immaturity, impulsivity, reactance, and pseudo-naivety of a child aged 8-11.

182.

Even professionals conflate and confuse the patient's psychosexuality and his/her sexualization.

Psychosexuality is the sum total of an individual's:

1. Sexual orientation (heterosexual, bisexual, gay, etc.);

2. Sexual preferences (conventional sex, kink, BDSM, group sex, exhibitionism, etc.); and

3. Sexual practices and choices.

With few exceptions (pedophilia, etc.) psychosexuality is always healthy and functional.

Sexualization is never either. It involves the use of sex acts to express and amplify underlying mental health issues and pathologies - or the misattribution of sexual content and motivation to the wrong people in the wrong settings and circumstances. Rape is an extreme example of sexualization.

Sexualization often co-occurs with egregious and self-destructive substance abuse.

There are many ways to sexualize. Two examples:

1. Numbing emotions and disinhibiting oneself by consuming alcohol. This leads to multiple cognitive and axiological dissonances, anxiety, and the activation of mostly infantile (regressive, primitive) defenses.

2. Sexual self-objectification ("self-trashing" as distinct from healthier promiscuity) whose outcomes are lifelong anxiety and depression and the abuse of alcohol and drugs to quell the ego dystony.

183.

Lisa Wade describes in her studies how young people feign and signal casualness in sex also by getting intoxicated. This had become the hegemonic sexual script and by far the most dominant and widespread sexual practice among the young.

Most of these youths - boys and girls alike - crave intimacy and want to have relationships, but these are considered bad taste, faux pas, and signifiers of revolting and ominous clinginess and neediness. So, no one dares to communicate openly.

The alcohol, casual sex, and inevitable self-trashing serve to numb their emotions and drown their disappointment, frustration, and pain as well as resolve ego dystonic cognitive dissonances and disinhibit.

Getting emotionally involved portends heartbreak, so only 6% expect a second night stand. But many fantasize, imposing on the dreary, impersonal proceedings a narrative that caters to their denied emotional needs.

The intrusion of fantasy into casual sex renders it autoerotic and solipsistic. Only a small minority of participants of both genders actually orgasm.

It is a dystopian barren landscape, replete with extreme deficits in relationship skills and all pervasive intimacy anorexia.

184.

With no strings attached sex freely available from multiple women, men no longer feel the need to invest in relationships or commit in any way. One night stands (including on first and only dates) and hookups have become the dominant form of sexual practice in the West and beyond.

Agentic (usually drunk) women now pick up men for casual sex the way men used to pick up “easy

women" well into the 1960s. Such emancipation and equality among the genders is liberating and laudable.

But women then proceeded to adopt a masculine self-identity, erasing differences in gender roles and upending sexual scripts. They descended into dysregulated and defiant promiscuity. Faced with such anarchy, men completely withdrew from the scene forcing women to become more manlike, narcissistic, and even psychopathic.

Militant radical feminists espoused precisely such an outcome: a world where men are sex toys, women are empowered and self-sufficient, and "patriarchal" institutions such as marriage and the family are gone.

Oddly, their agenda accomplished, anxiety, depression, suicide rates, and substance abuse among women have skyrocketed. Women are not too happy in a world without "real" men, it seems.

185.

In couples therapy, a standard piece of advice in trying to survive an affair is to immediately prohibit all further contact with the third party, the jilted lover.

This is sound counsel if the affair had lasted more than a single night, involved emotions and romance, and did not occur in an inebriated state.

But if the offending party was drunk, regrets the transgression, and has had only casual sex - the other party is the safest person, the last one on earth s/he would have sex with again.

Of course, this does not apply to habitual alcoholics and junkies who are liable to relapse with the same accomplices regardless of how bad they had felt the morning after.

186.

Studies had revealed that we reserve certain sex acts only for intimate relationships, refraining from including them in the repertory of casual sex. Actions in this case do speak louder than words and when certain sexual behaviors are reserved for that special someone, this exclusivity communicates love efficaciously.

But what about those who do absolutely anything and everything with near total strangers? Such people are incapable of experiencing intimacy or emotions. Many of them are psychopathic personalities. They are also bound to abuse substances and sext compulsively with one and all.

The unfortunate mate of such a dysregulated, maximally inhibited individual is often told: "It may be the same sex act, but with you, I experience it differently, it is filled with emotions, attachment, and affection!"

Regrettably, such self-reporting is highly suspect and most often counterfactual. Psychopaths confuse possessiveness and competition with love. They use sex to manipulate and subjugate.

Most promiscuous people - let alone whose sex is out of control and would do anything with anyone - are incapable of positive emoting or coupling. They feel vaguely "bad" or "good" and mislabel dim stirrings as "bonding". At times, they resort to faking affect and orgasms.

187.

Some people fear heartbreak, abandonment and being cheated on to such an extent that they undermine intimacy and bring on the very outcomes that they are so terrified of.

They restrict their emotional expression and appear to be cold and stand-offish. They avoid commitment or investment in the relationship, hedge their bets (maintain alternative partners on the side), reject their mate's sexual advances, or abuse substances and act promiscuously and recklessly.

As the relationship inevitably deteriorates, they feel justified to stray.

Sadomasochists tend to choose precisely such partners. Their mate selection is skewed in favour of the dysregulated and the dissolute. The inevitable betrayal by the partner and resulting excruciating pain are sources of addictive vindication and gratification.

188.

We are conducting a concatenated (cohort or structured) survey on the sexual experiences of women. Please answer these two questions (first read the definitions under the questions).

1. What percentages of all of your sexual experiences were (a) agentic (b) negotiated (c) coerced

2. In what percentages of all of your sexual relationships were you (a) a playmate (recreational fun only) (b) a partner (reciprocated, intimate, and emotional) (c) a sex object ("sluttish" and dysregulated, including with unwanted sex partners).

So, 6 numbers representing the percentages.

DEFINITIONS

Agentic: you initiated the sex and controlled its circumstances

Negotiated: both you and your partner reached a consensus on what sex acts to engage in and in which circumstances

Coerced: you engaged in sex because you had felt that you had no other choice or stood to lose a lot if you refrained. Includes non-consensual sex.

If you feel more comfortable to DM me rather than comment, please do.

189.

Promiscuity comes in many flavors and varieties which reflect starkly disparate etiologies. Here is a disambiguation guide:

1. Common promiscuity is agentic and involves firm personal boundaries. Sexual partner selection is indiscriminate and instrumentalized (the counterparty is a sex toy or a masturbatory aide).

2. Common self-trashing (self-objectification) is agentic but unboundaried. The partners are disrespectful and sexually aggressive or sadistic. It is the outcome of deep-set ego dystony (self-loathing or even self-hatred).

3. Masochistic self-trashing is submissive and unboundaried. The selected partners are contemptuous, dismissive, and objectifying. They despoil and degrade, thereby gratifying the masochistic impulse. Masochists are ego syntonic (not self-rejecting). They often report having rape fantasies.

4. Reckless self-trashing is common in Borderline Personality Disorder and in psychopathy. It involves risk taking, defiance, novelty seeking, and acting out. It is a form of emotional reregulation and mood stabilization: self-medicating with trashy sex.

190.

Sexual attraction is only partly determined by biology or inebriation. We are attracted to people who are unlikely to reject our sexual advances.

We need to avoid humiliating rejection, narcissistic injury. and the cognitive dissonance provoked by such dismissal.

So, we are consciously attracted mostly to “safe bets” and then idealize them as “attractive” or “irresistible”, with or without the help of mind-altering substances.

191.

Long-term healthy relationships are three legged stools: they are founded on love, trust, and respect.

All three are mutually reinforcing and all three are essential: when one of them is missing, dysfunction, betrayal, breakup, and heartbreak set in.

192.

Casual sex had become the dominant sexual practice among the declining number of sexually active people, both men and women: hookups, one night stands, and sex on first dates are now the almost exclusive sexual diets of the vast majority of adolescents and adults in the West.

Sizable majorities of both men and women find this state of affair deplorable but had lost all hope for any change. Casual sex sucks: tiny minorities experience an orgasm, for instance. But if one is possessed of a sex drive - what are other option is there?

This is the dismal outcome of three converging trends:

1. Women are confusing assertiveness with defiance. They are adopting the traits and behaviors of psychopathic men: promiscuity, recklessness, impulsivity, contumaciousness, antisocial misconduct, and dysregulation.

With few exceptions, men are deterred and had withdrawn from the dating scene altogether.

2. Both men and women avoid long-term relationships owing to the poor and devastating outcomes of such attempts. Deficient intimacy skills guarantee ineluctable failure, so why bother?

3. Predatory men had come to literally monopolize the arena. They infest dating apps and pickup venues such as bars and clubs.

They prey on the tsunami of hordes of women who are vulnerable, broken, mentally ill, substance abusing, and refugees of abusive relationships.

193.

There are three ways to gauge how meaningful your sex with your new partner is to both of you.

The text uses gender pronouns that are interchangeable (substitute “man” for “woman” and “he” for “she”).

CASE 1: MEANINGFUL

When a woman had slept ONLY with men who are meaningful to her (loved ones, friends) and then she sleeps with you - it means that you are also meaningful to her (because she sleeps ONLY with meaningful men).

CASE 2: MEANINGLESS

When a woman has had mostly meaningless sex mostly with men who are meaningless to her (strangers) and then she sleeps with you - it means either (1) that she considers sex to be meaningless (because she has had mostly meaningless sex mostly with meaningless men) - or, more ominously (2) that you are meaningless to her (and she is lying to you that you are meaningful to her).

CASE 3: MEANINGLESS

Sometimes, through the use of fantasy, projection, and other defense mechanisms as well as the abuse of substances, it is possible to have meaningful sex with total strangers, replete with sex acts usually reserved for intimate partners.

When a woman has had mostly meaningful sex mostly with men who are meaningless to her (strangers) and then she sleeps with you - it means either (1) that her meaningful sex renders you meaningless to her (because she has had meaningful sex with meaningless men) - or, again (2) that you are meaningless to her (and she is lying to you that you are meaningful to her).

194.

People pleasing is sometimes a life strategy intended to ameliorate extreme generalized anxiety. The world is perceived as hostile or frustrating and the only defense is to be “liked”, “loved”, or “accepted” by others, whether individuals or collectives.

Anxiety-driven people pleasers have no personal boundaries. They would do anything and agree to everything in order to belong: be treated as an objectified sex slave in one-on-one or in group settings; be verbally, emotionally and physically abused; and let themselves be taken advantage of and exploited.

In fact, these people pleasers interpret sexual and other forms of abuse as “initiation rites”: proof positive of having been inducted into a relationship or a fraternity/sorority.

Anxious people pleasers place emphasis on material objects or money: objective measures of affection, sharing, and goodwill.

Gifts are understood as signs of affiliation. They are devastated when they are taken financial advantage of or stolen from by the very people whose favor they seek to curry.

The complex of behaviors known as people pleasing emanates from multiple etiologies. In an earlier post, I have mentioned anxiety. Another source is social phobia.

Socially phobic people often become avoidant: they shun all social interactions.

But a small minority of them disinhibit themselves with alcohol and drugs and then proceed to act out and engage in dysregulated, reckless, and unboundaried behaviors, including and especially sexually.

These self-defeating and self-trashing behaviors are intended to accomplish the goals of pleasing others, fitting in, belonging, being accepted, appreciated, “loved”, and liked.

But the phobia never disappears. This constant presence drives an escalation in people pleasing behaviors and the compromising of self-respect, self-esteem, and boundaries which renders the phobia

even worse.

It is a vicious cycle which often results in lifelong anxiety disorder, depression, and passive-aggression.

Many people pleasers are love addicts: they crave affection, acceptance, and companionship desperately. They instantly idealize eligible candidates or even groups and are bitterly disappointed and heartbroken when disillusioning reality intrudes and vitiates their sunk costs and "investments" in the "relationship".

They give away and give up their bodies, time, self-respect, boundaries, attention, money, contacts, anything and everything to maintain the delusional fantasy of emotional proximity, the antidote to loneliness.

Inevitably such abject and prostrate submission breeds resentment and defiance.

The people pleaser resorts to passive aggression to release this cumulating negativity.

She becomes hostile, sarcastic, disparaging, castrating, mocking, disrespectful, envious, and undermining. Her dysregulation and lability increase in tandem with the abuse of substances.

Ironically, this pernicious and subterranean sabotage of intimacy and trust leads to the very outcome most dreaded by the love addicted people pleaser: abrupt discard and abandonment, loneliness, and the compulsive need to start all over again with a new "partner".

195.

Serial idealizers go through brief sexual episodes or micro-relationships at a dizzying speed. They instantly and counterfactually idealize a date or a random stranger - or even a group of them! - as potential mates or friends.

Sometimes within minutes from a chance encounter, they construct a one-sided fantastic narrative and act as though it were true.

The fantasy has three functions:

1. To legitimize ego dystonic or socially unacceptable sex acts or sexual choices;

2. To make the serial idealizer feel good: loved, accepted, wanted, and liked;

3. To facilitate bonding and attachment should the fiction be reciprocated and become a shared fantasy.

The serial idealizer may attempt to compulsively recreate the experiences, hoping for better outcomes with the same partners or with different ones.

Like the narcissist, the serial idealizer is interacting with an internal object, not with the real sex partner or date. This way, she avoids the emotional costs of rejection ("I couldn't care less what a stranger I will never see again thinks about me").

Inevitably and almost invariably, reality painfully diverges from the fantastic yarn. This justifies moving on with minimal heartbreak to the next target - or cheating, if in a committed relationship.

196.

Sexual and relationship scripts are the socially prescribed and proscribed ways to effectuate gender roles. They have all been upended in the late 1960s, but were supplanted only with ambiguity and equivocation.

Men and women are in turmoil: bewildered and befuddled as to how they should behave with each other.

For example:

In a stark reversal to the habits of the preceding two centuries, sex on first dates, hookups, and one night stands are now the dominant sexual practices.

They are widely perceived as "tests" or vetting procedures for potential mates or intimate partners: why bother to venture on if the sex proves to be calamitous?

These emerging scripts led to two perverse outcomes:

1. The vast majority of sexual experiences are now coercive, objectifying, or outright disappointing. People are starting to avoid real-life sex altogether and resort to the virtual kinds;

2. When, rarely and miraculously, the casual sex is good, it sometimes leads to a relationship. Alas, these are founded merely on sexual attraction and are, therefore, brittle and short lived.

197.

Once promiscuous, always promiscuous? Once a cheater, always a cheater? In a relationship with a promiscuous partner, they will always cheat on you? They can't help it: it's an addiction to sexual attention? Are all these statements true? Yes, they are, according to all the studies we have.

As the author and therapist Kerry Cohen observes, promiscuity ("loose girl syndrome") is a lifelong condition which is often associated with mental illness and substance abuse.

But where the literature fails is in making the distinction between formative and situational promiscuity.

Formative promiscuity is the learned use of sexual attention to regulate negative moods and affects. It is a form of self-soothing and an attempt to reassert control over a life perceived as adrift and meaningless. In some respects, it is the same psychodynamic that drives the narcissist's solicitation of narcissistic supply.

Formative promiscuity is a process addiction (to an activity, not to a substance) which starts in early adolescence, persists throughout the lifespan, and characterizes all interactions with potential sex partners, regardless of the promiscuous person's life circumstances at the moment.

Situational promiscuity is a reaction to trauma, most commonly to rejection, neglect, and abandonment by a loved one. It is limited in time and responsive to overcoming grief and depression.

Situational promiscuity also disappears once the circumstances change - for example when a new love interest emerges.

198.

WHAT you do in sex is not important. WHY you do it - is. Sex for all the wrong reasons can be bad for your mental health and lead to or enhance preexisting depression, anxiety, and substance abuse.

What are the wrong, detrimental kinds of sex?

Sex intended to regulate affects (emotions), moods, self-esteem, or self-worth;

Sex in situations where meaningful informed consent is impossible (for example: extreme intoxication);

Sex as a form of self-harm, self-punishment, or self-trashing, especially when coupled with addictions and the use of disinhibiting substances;

Extreme self-objectification (for example: group sex with strangers without an intimate partner or friend present);

Reckless, risky sexual practices and encounters;

Sex as part of a power play, or a bid for control.

Non-autonomous sex intended to make the sex partners like you, accept you, "love" you, to feel chosen or special;

Sex with people you dislike or are not attracted to out of a sense of duty, gratitude, or because they provide you with benefits (e.g., free drinks, or a place to crash for the night).

Participants in such sex often claim to have wanted the sex and to have acted in an agentic and empowered manner. These protestations are counterfactual and intended to resolve the cognitive dissonances, shame, guilt, and traumas that inevitably arise out of wrong sex.

The denials, reframings, and reduced affect display are all variants of defensive emotional numbing and inappropriate affect.

They mask debilitating dissonances, inner conflicts, and traumas. Left to fester, they generate depression and anxiety and lead to substance abuse as a form of self-soothing (though, of course, the abuse of alcohol and drugs has many other functions and cater to multiple psychological needs).

The psychosexuality of such people fluctuates between psychopathic, objectifying individual or group sex (cold, mechanical, exhibitionistic, emotionless, even anonymous) and people pleasing instrumental sex (intended to render potential partners addicted to the sex and to make them "like" or "love" the provider of the sexual services).

Women have never been less empowered sexually than nowadays. Some of them brag of being "supersluts", others of being agentic.

But, in reality, all women had adopted the stereotypes propagated and perpetuated by chauvinistic men. They dress and act the part, to the great delight of male predators who never had it better.

199.

When you misidentify sex as intimacy and mislabel love as pain - you end up having sexless intimacy and painful loves.

200.

Foot fetish is linked to abandonment or separation anxiety: the intimate partner or object of desire uses his or her feet to walk out on and away from the fetishist. Holding onto feet and making love to them is a way of attaining symbolic object constancy or permanence.

The propensity to regard and treat other people (caregivers, parents) as objects (to "objectify" them) is an inevitable phase of personal development and growth during the formative years (6 months to 3 years).

As psychoanalysis and the Object Relations school of psychology teach us, we outgrow this immature way of relating to our human environment and instead develop a sense of empathy.

Yet, some of us remain "fixated" and do not progress into full-fledged adulthood. Arguably the most ostentatious manifestation of such retardation is the sexual paraphilia known as fetishism.

There are three types of fetishes:

I. An inanimate object, usually with a sexual connotation (such as a bra);

II. A body part that is clearly still connected to a complete body, dead or alive (e.g., hair, feet);

III. A reified trait, usually a deformity or idiosyncrasy that implies inferiority, helplessness, or dependence (for instance, a lame, or grotesquely obese, or hunchbacked person).

Consequently, there are three categories of fetishism and fetishists:

I. Objective fetishists, for whom the inanimate fetish stands for and symbolizes a desired whole that is out of reach;

II. Somatic fetishists, for whom the body part stands for and symbolizes a coveted human body (and, by extension, a relationship) that is unattainable;

III. Abstract fetishists, who latch on to a trait or a characteristic as a means to indirectly interact with their "defective" bearer and thus fulfill the fetishist's grandiose fantasies of omnipotence and innate superiority (pathological narcissism).

201.

We are going through by far the greatest upheaval in human affairs: millennia-old organizing principles and fundamentals are being challenged and torn asunder.

Every transformation has its costs. The current one involves losses too many to enumerate. One of the major ones is the disappearance of intimacy and relationship skills.

Sex is now a mere mechanical release, leveraging the bodies of strangers on “dates” and hookups.

Food and dining are now relegated to gorging on junk food and microwave dinners.

Majorities of men and women are single and lead largely sexless lives. The frequency of dating had declined by 60% since 2008. People had resigned themselves to a lonely existence for the rest of their natural lives.

Communal institutions and social safety nets have been rendered obsolete by recent trends.

Friendships, marriages, childbearing, intimate relationships, and face to face interactions have gone the way of the dodo long before the pandemic.

We no longer press the flesh - we press buttons and icons instead. Our only "friends" are random passersby on the misnomered "social" media.

Can our species survive without intimacy? Possibly. Would such a dystopian future be worth living in and for? I am not sure.

The young are born into this new normal. They see nothing wrong with it. What about us, old codgers, who still harbor the memories of a smile and a handshake and making love and sitting around a campfire? Where do we go from here?

202.

Women and men in their 20s mock me for warning against the dangers of casual sex as an exclusive practice. "OK, Boomer" is the typical reaction of this delightfully sagacious generation.

Fast forward ten years. The same people come to my practice, defeated and humbled, and pay me a fortune for relationship advice.

Here's the thing:

If you practice only one night stands - you fail to develop relationship and intimacy skills. It is a "use it or lose it" situation. Your "relationships" resemble glorified, extended casual sex - and you end up being discarded.

The behaviors that get you laid in casual sex militate AGAINST you when you are trying to find a partner for a relationship.

203.

The ability to thrive in intimacy is inextricably linked to the capacity to maintain and enforce personal boundaries. In personality disordered patients, both are sorely compromised.

Intimacy, however fleeting and of whatever nature (even merely physical) is a tightrope act.

On the one hand, it involves the disclosure of vulnerabilities and the relaxation of firewalls intended to fend off unwarranted or coerced attention.

On the other hand, real intimacy entails the maintaining of personal autonomy, agency, and self-efficacy. In other words: of separateness.

To attain intimacy, one needs to feel sufficiently secure of one's core identity, self-worth, self-esteem, internal regulation, and boundaries to invite another person in.

The mentally ill tend to enmesh, engulf, merge, or fuse with others - even as they push them away and flee (approach-avoidance repetition compulsion).

This dysfunctional attachment style is the outcome of twin contradictory anxieties: of abandonment and of engulfment.

204.

Hypermasochistic psychosexuality includes exhibitionism and arousal by degradation.

Substance abuse is often involved as both a form of self-trashing and as disinhibiting agency.

205.

One of the most moronic bits of politically correct advice online is: “Your partner’s sexual, social, and psychological histories, his or her past, are not relevant and you have no right to inquire about them. Only present choices, decisions, and behaviors matter. Don’t be retroactively jealous!”

Yet, by far the best predictor of future behavior is past behavior. Recidivism - defaulting to past misconduct - is rife.

More than 80% of alcoholics restart drinking within a year from rehab. Almost 70% of criminals repopulate their erstwhile cells. Having cheated once, you are three times as likely to cheat again. Promiscuous women sleep around extradyadically much more often than the regulated, boundaried sort.

By all mean: interrogate a new potential intimate partner to the greatest possible extent. It is your only protection against future nasty surprises.

206.

Intimacy relies heavily on privacy and uniqueness (being special to your partner). This is why sexual EXCLUSIVITY is still the dominant practice.

If you place your body and sex in the public domain via rampant casual sex and public self-porn, you create a legacy that renders intimacy between you and future partners all but impossible.

If you share your sex with everyone casually - you ruin your ability to integrate it with intimacy. You destroy the linkage between the two, the very capacity to associate them.

Instead, you are likely to compensate with FANTASIES of sex and of intimacy.

Hence the tsunami of porn and self-porn, the precipitous decline in dating (-60%), intimate relationship formation (-40%), and sex (-20%) since 1998 (Twenge; Wade; Zimbardo; Campbell).

Your history of casual sex leads inexorably to a deficiency in intimacy and relationship skills.

Your future partners are affected, too.

If your partners know that you had shared your body and sex with so many random persons, they cannot regard your choice to have sex with them as SPECIAL. After all: you did it with everyone, even people you didn’t know at all.

Intimacy is not possible when the partners feel that they are just numbers, statistics, the next conquest, in the queue, next in line.

A partner with a history of casual sex as a dominant practice also creates insecurity: it is difficult to be safe when your partner takes sex so casually and flippantly.

This commodification of your body and sex makes your partners feel that when you offer and grant them access to both, it is meaningless because you had offered exactly the same to dozens of total

strangers.

Your partners do not feel special or that they stand out from others. They might as well be among the countless strangers to whom you had granted exactly the same privileges.

Your partners do not feel chosen - because you had selected so many before, so indiscriminately, including anonymous strangers.

Sex with you cannot be intimate (special) - only clinically arousing. It is pornography, not lovemaking. And without lovemaking, there is no intimacy.

207.

People with kinky or paraphiliac psychosexuality often repress or curb it unless and until a "loving" partner - real or imaginary - legitimizes it with his presence or active cooperation and thus helps to resolve the dissonances and ego dystony involved in their sexual practices.

Consequently, they go through huge stretches of involuntary celibacy or unsatisfactory sex simply because their partners either don't love them to start with or are totally turned off by them and by their attitude to sex, love, and relationships.

This self-denial is especially complicated by love addiction. Craving for love renders such people tenacious and stalkish. They give up and sort of move on (cheat rather than break up outright) only when they receive incontrovertible proof that they are not loved and not desired sexually (more or less coterminous, as far as they are concerned).

Such dysfunctional strategies and behaviors are common to everyone who has outlier psychosexuality COUPLED with a burning desire to be in a traditional intimate LOVE relationship. These, alas, rarely go together.

Of course, there are only two other solutions to this predicament:

1. Find a loving partner with a psychosexuality similar or complementary to one's own and who is aroused by such sexual preferences to the point that s/he is eager to incorporate them into the couple's common sex life on a permanent basis; or

2. Pursue one's psychosexuality and PRETEND that one is with a loving intimate partner (fantasy defense).

In the long run, the second solution is the more feasible and the most common one.

Etiologically, in all these cases, there is an unresolved conflict between sexual preferences, emotional preferences (craving a loving partner), and socialization (the need for legitimacy and acceptance).

Narcissists confuse and conflate their universe of internal persecutory objects with reality. So, they perceive any change in their environment as a destruction of the self. This creates anxiety and they use kinky or paraphiliac sexuality to mitigate it. In an increasingly more narcissistic and psychopathic civilization, these individual pathologies became normative.

208.

Both laymen and scholars confuse sexual submission ("sub", "bottom") with masochism and domination ("dom", or top) with sexual sadism. All four are consensual practices, but there are important differences.

Submission and domination are intradyadic practices, rarely conducted in public (not exhibitionistic). They involve the ritualistic and rigidly boundaried exchange of pain and power between the parties.

Sexual arousal in BDSM is the outcome of the suspension of the bottom's autonomy and the outsourcing of potentially self-harming decision-making to a loving, compassionate, or caring dom. It is an extended fantasy or role play.

Masochism revolves around self-objectification, sexual degradation, the infliction and reception of real pain, and public exhibitionism. It is sometimes embedded in a fantasy of intimacy with a partner, real or imaginary. Physical pain and public despoiling are the founts of arousal - not humiliation or transient choreographed helplessness.

Sexual sadism is about being turned on by torturing a partner and observing her writhing and agony, however orgasmic it may be to the masochistic partner, and however momentary, and fleeting. It need not involve humiliating the partner or public exposure but, if the partner is averse to both, it often does.

209.

BDSM is not sexual sadism or sexual masochism.

210.

Love addicts crave the high of falling in love, but not the intimacy and relationships that follow. They are dysregulated, unboundaried (especially sexually), prone to fantasy, compulsive, impulsive, and suffer from mood and anxiety disorders.

211.

Intimate partners with a rich fantasy life are far more prone to cheating and other forms of betrayal.

Fantasy is a defense mechanism that severely impairs reality testing and often degenerates into full-fledged dysempathic narcissism.

People with prominent fantasies frequently compromise their self-proclaimed values, standards, and boundaries owing to identity disturbance, dysregulation, and lability. Some of their actions and choices are always self-degrading, antisocial, and shocking.

Fantasies are compensatory and offer an escape from overwhelming mood and anxiety disorders. They allow for the reframing of experiences to render them ego syntonic and to allay shame, guilt, and remorse (to resolve dissonances).

The problem is that resorting to fantasy is addictive. The potency of extant fantasies fades and new ones are constantly sought.

So, novelty-seeking, reckless, or immoral behaviors like cheating become more and more prevalent as current relationships lose their fantastic veneer and allure.

212.

Copious studies show that we have all - young and older alike - adopted a sex worker's attitude to sex and to our sex partners.

Sex used to be described (though never practiced) as the sublime apex of intimacy with another person.

A prostitute’s clinical, mechanical, statistical, dehumanizing, casual, impersonal approach to sex was widely frowned upon and considered both disgusting and horrifying.

Sex was supposed to involve emotions, however rudimentary and these imbued the acts with meaning.

Sex to modern men and women is exactly that: mechanical, statistical, dehumanizing, casual, impersonal. Clinical.

Even the language used to discuss sex is a sex worker’s lingo.

Sex had become merely an aerobics exercise, or a physiological release.

Sex partners are at best amusing anecdotes and more often just forgettable warm bodies.

Sometimes, we hang a fantasy onto our sex partners. But they are otherwise invisible, just an excuse to fantasize.

We had become auto-erotic and porn addicted. We masturbate with a kaleidoscopic parade of interchangeable animated corpses.

Being a sex worker is not “wrong”. It is morally defensible or neutral. It is NOT immoral to be a prostitute.

True: sex workers typically have mental health issues. Who doesn’t?

My beef with sex work is different.

I am old-fashioned about sex.

To me, sex is a wonder of intimacy, each encounter and partner etched in my memory in vivid detail.

To me, sex is a miracle of vulnerability and connectedness, an aesthetic, a work of art, a sacred text.

And my sex partner is a goddess, even if only for a night. She transforms me. Our bodies fuse. Emotions resonate. The experience is always meaningful, sometimes transformative.

I never fuck. I make love. Unforgettable. Profound. Enchanted.

213.

There are two forms of love addiction ("pathological love"): overt and inverse.

In the overt version, there is a tendency to seek momentary limerence ("crush") or more protracted infatuation in reaction to a potential partner who either expresses interest or is found to be even rudimentarily attractive.

In an overt situation, sex is used to connect or merge in fantasy with a casual, largely interchangeable partner.

In inverse love addiction, the crush is intended to resolve a cognitive dissonance and it is the addict who initiates the contact.

The dissonance has to do with the addicted person's sexual orientation and preferences.

The "love" is a fantasy resolution because it legitimizes the sex, however socially unacceptable it is deemed to be.

214.

Who is a sexual self-trasher?

Someone who is minimally selective in choosing sex partners;

Is unboundaried (does anything imaginable with anyone she had “selected”, strangers included); and

Against her will, lets her sex partners objectify, humiliate, or even hurt her during the sex act;

Has sex with partners she doesn’t want to sleep or sext/cam with for reasons completely unrelated to sex (trading it for free drinks or a place to crash, for example or as a way to say “thank you”);

Has sex as a form of people pleasing and in order to be liked or “loved”;

Renders herself unable to express proper consent by getting drunk or drugged;

Uses sex - typically with random strangers - to regulate her emotions and stabilize her moods, to “feel good”, self-soothe and self-medicate with near anonymous sexual partners (sexual acting out).

215.

The Avoidant attachment style in children is organized. Yet, when it evolves into the Dismissive and Fearful Avoidant attachment styles in adulthood it becomes disorganized, at least in the latter case. How come?

Many mental health issues have childhood precursors with a high level of organization but become disorganized in adulthood. Borderline Personality Disorder, Conduct Disorder, and some forms of paranoia-schizophrenia are such examples.

This is possibly because personality complexity increases with age and with it the opportunities for disorganization.

216.

Loneliness is innate, not externally determined. One in never lonelier than in a crowd or in a dead relationship.

Loneliness is about not being seen.

Not being understood.

Not being loved.

Not being forgiven.

Loneliness is to be forgotten.

Neglected.

Ignored.

Used, manipulated and abused and then discarded.

Loneliness is about realizing that we are all alone when it comes to the important things in life - and death.

That we can never really access someone else's mind.

That empathy is a self-soothing sham.

That evil is real and enduring while good is ephemeral.

That all our narratives are delusional and end in sorrowful disillusionment and disenchantment.

That the only magic is in our hearts and the only hope is in our minds and both are toxic.

Loneliness is another name for our inexorable being. It is the antonym of love and its ineluctable complement.

217.

To be able to experience mature adult love you need to have been loved as a child and consequently to have developed healthy self-love.

218.

Fear of intimacy results in either of two diametrically opposed sexual behaviors or in a pattern of vacillation between them: unboundaried promiscuity or anxious abstinence.

219.

The Madonna-Whore complex is old news: some men divide women into respectable but sexless and disreputable but hot. The first kind are marriage material - the others are good for casual sex at most, pump and dump trash.

One mediating mechanism involved in this schism is abandonment or separation anxiety.

Such men, when they have sex, immediately place their sexual partners in the "whore" category: loose, unboundaried, no self-respect or dignity. Sex is dirty, degrading, and despoils the woman.

But "whorish", promiscuous sluts cheat and abandon with abandon. To mitigate the anxiety engendered by such ineluctable outcomes, these men recast their long-term sexual partners as Madonnas, incorporeal saints, devoid of sexuality and lust. Now said men feel safe.

But, of course, to have sex with a saintly mother figure is both sacrilegious and incestuous, so all sex in the couple ceases. The woman becomes an asexual artifact.

This state of protracted sexlessness drives these hapless women to cheat and to abandon - the very traumatizing outcomes sought to be skirted in the first place!

220.

Women who consent to no strings attached instant drunk sex with men they had just met make it very difficult for their boundaried, self-regulated, self-respecting sisters who are possessed of at least a smidgen of self-esteem and wish to pace the dating process organically.

Having grown accustomed to sex on demand, men are becoming more and more predatory and unwilling to commit or to invest beyond a single night's romp.

When denied sex, even on a first date, most men become aggressive, demanding, coercive, verbally abusive, and worse. A whopping one quarter of first dates now end in rape.

Similarly, studies show that women are giving up on men in droves. They expect no intimacy or relationship. When horny, they resort to dating apps or the nearest dive, pick up a stranger, and go through the motions. Hookup sex is so bad that only 10% of women and one third of men actually orgasm.

221.

It is impossible to suffer from a mental health illness - even only anxiety or depression - and have a healthy sexuality.

Our psychosexuality is both a determinant and a derivative of our personality. If the personality is pathologized in any way, if moods and affects or cognitions are skewed - sexual choices, preferences, and acts are bound to be adversely affected and become reckless and self-destructive.

222.

A friends with benefits (FwB) arrangement is vastly preferable to casual sex as far as mental health outcomes are concerned.

But it is a pernicious phenomenon all the same because it provides the illusion of an intimate relationship where there is none.

Studies show that people who engage in FwB are less likely to find a true intimate partner or maintain a full fledged love relationship. They are more likely to engage in promiscuous and reckless sex.

FwB liaisons often last for months or years and inhibit dating or courting. Ultimately, they may have a retarding effect on acquiring and deploying intimacy and relationship skills. They also foster and encourage superficiality and emotional unavailability and render sex a mere release or self-soothing function.

On the rare occasion that one of the parties wishes to convert the FwB situation into a romantic affair, s/he is often rebuffed and rejected.

This might take a devastating emotional toll, especially if the spurned party suffers from a mental health problem, such as Borderline Personality Disorder.

223.

Two myths pervade the last 60 years: that we all have a right and a need for recreational sex and that women are gatekeepers who refuse to procreate with unsuitable men (another Jordan Peterson malarkey).

Well into the end of the 19th century and in most of Nature, sex was and is about making offspring. It is limited to a mating season or estrus (the Talmud actually uses the word “season” to describe the female sex drive).

Recreational sex is a new invention. The right to have sex is an incel concoction: the majority of animals and humans get laid rarely or not at all.

Moreover, a plethora of studies reveal the toll in mental and physical health that casual sex has on its participants. It also adversely impacts the capacity for intimacy and the ability to form long-term relationships. Hookups are seriously damaging (see my video on the topic where I review the literature).

Finally, women actually have a tendency to select inappropriate mates for breeding: criminals, the uneducated, and the poor account for the majority of children born worldwide. The elites are often childless or have one child per household.

224.

Even people with run of the mill mental health disorders such as depression and anxiety fall victim to sexual assaults and sexual abuse by predators much more often that healthier folk.

The incidence of such mishaps skyrockets when it comes to patients with personality, mood, and psychotic disorders.

They tend to abuse substances and be collared into extreme and reckless sexual situations with opportunistic individuals and groups of abusers.

Mentally ill victims typically react to the shame induced by such helplessness in one of two ways:

1. They reframe the events as agentic and autonomous: “I wanted the sex, I initiated it, I could have stopped it at any minute, despite my intoxicated state, I was in full control of the proceedings”; or

2. They adopt the victim stance: “I was drunk, young, drugged, scared, trapped. There was nothing I could do about it, so I just gave in and put out. The people who did this to me were lowlife scum. I did nothing to either deserve this or bring it about.”

225.

In this day and age of malignant tolerance and moral relativism so many questions have been classed taboo that public academic discourse has ground to a screeching halt.

Consider for example the research-based FACTS that the overwhelming vast majority of sex workers, promiscuous sexual self-trashers, and serial cheaters suffer from a constellation of mental health issues (such as mood and anxiety disorders) and possess highly specific antisocial personality types (“dark triad” and “dark tetrad”).

The sexuality of all three is usually nonautonomus (people pleasing, "never say no") which leads to frequent revictimization.

All three kinds are dysregulated and unboundaried and abuse substances (mainly alcohol).

They tend to act out in reaction to perceived or real abandonment or rejection - or defiantly, in your face, and recklessly.

They all perceive sex as transactional in some way, a give and take involving shallow affectivity (emotions). Even when the sex is meaningful - the partner is interchangeable and meaningless, a mildly interesting or convenient prop, usually embedded in a transient fantasy.

All three types are unable to maintain long-term dyads and are prone to egregious dissolute cheating, replete with blaming the partner for their misconduct.

They lack intimacy and relationship skills, have insecure attachment styles, and are approach-avoidant (repetition compulsion).

226.

Making love is not a power play or a competition. It is never aggressive, demanding, critical, comparative, or demeaning. NEVER!

Giving to the partner is often more gratifying than getting!

Teaching and demonstrating and exploring together everything the two bodies have to offer is 99% of the joy!

Making love is exactly like talking - but with our bodies: communicating emotions, moods, and needs.

If there is a discrepancy in experience, the more experienced partner simply suggests a new, enhanced vocabulary for the consideration of the less experienced partner.

There are no expectations in making love: only openness to the partner.

Gentleness, kindness, understanding, and a very gradual approach are indispensable keys to the experience of lovemaking.

227.

Informal survey of 276 of my students, ages 18-31 in 6 countries: Russia, Nigeria, USA, UK, Australia, and Israel.

Q: How long on average before you have sex with a person you have just met?

Less than 2 hours (112)
5-10 hours (94)
More than 10 hours (21)
Depends (31)
I don't know or decline to answer (18)

Q: Do you consider sex in a one night stand sex an intimate act?

Very intimate (156)
Intimate (76)
Can be intimate or not (34)
Not intimate (8)
Don't know (2)

Q. Do you consider sex in a long-term relationship more intimate than in casual sex?

No (132)
Yes (97)
Sometimes (37)
Not sure (10)

Q. Quantitatively, did you have more sexual encounters in committed relationships or in casual sex?

In casual sex (192)

In relationships (21)
I abstain from sex (11)
Don’t remember (52)

Q. Where do you pick up partners for casual sex?

Clubs and bars (46)
Parties (93)
Dating apps (36)
Workplace (44)
In transport (buses, trains, planes) (17)
Everywhere I meet people (40)

Q. Is casual sex less good than sex in long-term relationships?

Less good (193)
Better (67)
Can’t decide (16)

Q. Did you ever participate in group sex?

Yes (48)
No (212)
Decline to respond (16)

Q. Do you sext or cam with strangers on a regular basis?

Yes (12)
No (79)
Only when I am in a phase (82)
Decline to answer (103)

Q. Do you consume porn daily?

Yes (154)
No (36)
Decline to respond (86)

Q. How often do you get very drunk before you have casual sex?

100% of the time (177)
50% of the time (87)
Fewer than half the times (12)

Q. How many times did you end up having sex in an alcoholic blackout and have had no memory of it?

1-2 times (11)
3-6 times (45)
7-10 times (127)
Never (76)
Refused to answer (17)

My blood boils when I peruse some of the pseudointellectual trash meted out by the practitioners of the increasingly more dubious field of gender "studies".

Consider, for example, the current dogma, spawned by Hanna Rosin and supported by the studies of Elizabeth Armstrong and others: "Hookups are a great thing for women because they let them focus on their careers rather than on men".

Several problems with this inane statement:

1. Hookups ARE about men. The way most women describe them, hookups are a form of sexual slavery on men's terms and conditions;

2. Women are not giving up on men in hookups! Women are giving up on intimacy, investment, commitment, succor, and relationships;

3. The sex in hookups sucks for the overwhelming majority of women - twice less so for men.

229.

The frequency of casual sex among Millennials and the Z-gen is LOWER than among the Baby Boomers (my generation) and generation X.

But there are some fundamental differences:

1. Casual sex is now the normative practice, not one of many options: "having fun" is the imperative;

2. Nowadays, hookup sex leads to an intimate relationship (albeit rarely), not the other way;

3. My generation put love, intimacy, and couplehood above career. Not so today's youth who remain single a decade longer - or for life;

4. Currently, stranger sex is used to establish a social ranking or status within a reference peer group (relative positioning).

Like information (Wikipedia), Facebook likes, a sense of self-worth (narcissistic supply), or quality control (Yelp), the potential partner's attractiveness is now crowdsourced: peer opinions outweigh one's own (see Lisa Wade's seminal work);

5. With the borders between public and private all but gone (aka social media), sex is increasingly becoming a public act (technically, dogging): in parties, group sex, clubs, even bars and restaurants.

230.

The orthodoxy is that sexual orientation is inherent and immutable.

But when many homosexuals get seriously drunk and, therefore, disinhibited, they become heterosexuals. And vice versa: inebriated, heterosexuals engage in same sex acts.

Inhibitions are internalized social strictures. They are an integral part and outcome of the socialization process. Alcohol removes them.

This raises an intriguing possibility: can all sexual orientations be merely socially-determined scripts and roles? And, if they are, what are the implications?

231.

Here is another moronic pearl of "wisdom" from the cult of feminism: hookups are good because they render the participants more resilient even when they end up being raped and more sexually experienced, even if most of these experiences are bad.

But why acquire resilience and experience this way? Why not simply warn the youth that hookups both suck and are risky?

It is like saying: "Jumping from multiple tall cliffs without a glider or a parachute taught me a lot about my body and about the nature of cliffs out there".

Moreover: "dating" among the young is merely glorified hooking up. It has nothing to do with the way it had been done since the 1920s. "Dates" nowadays are way shorter, the two parties are plastered, they invariably end in penetrative sex (or sexual assault), and they rarely lead to a second encounter.

So, once a youth gets hooked on hookups, there is no way back.

232.

From my draft syllabus of "Youth Sexuality: Trends and Issues" (Outreach program of SIAS-CIAPS: Centre for International Advanced Professional Studies).

GENDER RELATIONS STRIP

WOMEN: Let's hang out and have fun!

MEN: OK, but only if you act as total drunk sluts and have no strings attached sex with us on demand.

70% of WOMEN: You got yourselves a deal! We will do anything to secure free drinks, have a social life, get male attention and some sex, however bad.

15 years of hookups and "dates" (glorified hookups) later

WOMEN: We now want to have a long-term intimate relationship with one man. Maybe even a child.

MEN: But you are sluts! You said so! You trashed yourself with us! We feel deceived by your about-face! We feel led on, teased, and played! We don't want any commitment or emotions! We are having great fun!

And anyhow your are nothing but used goods: older and uglier. We will go find younger, prettier women, "fresh meat", who just want to have fun with us. Don't ever contact us again: go find a cat!

RAPE VICTIMHOOD SCHEMATICS

All rape and sexual assault perpetrators should be punished harshly.

But most victims are victimized multiple times. By refusing to accept responsibility for their own actions and choices, they are setting themselves up for future abuse.

Examples of self-exculpating fare:

"The rape just happened (I had contributed nothing to it happening)"

"The rape does not define who I am (even though I had made a series of decisions that put me in

harm's way or in a highly ambiguous situation - and I keep repeating these behaviors time and again)"

"I went to a frat house or a club whose members are notorious for their sexual aggression, I got myself blackout drunk there, I wore the skimpiest of clothing, I gave blow jobs in public to several guys. I then agreed to go with several of them to their rooms and public showers.

But, despite all the above, I bear no responsibility for my rape: I may have said "yes" (I can't remember), but even if I did, I had been taken advantage of".

233.

Affirmative consent ("yes means yes") is the newest piece of nonsense, trying to square the circle of decaying gender relations.

Here are the facts:

1. When it comes to sex, men still dominate, dictate, coerce, and have the upper hand. Women comply and try to please them;

2. In a haze of alcohol and drugs, there is no credible way to establish consent. Most contemporary sex takes place among participants nearly incapacitated by substances;

3. Alcohol affects women much faster and more profoundly than it affects men;

4. In the absence of sexual scripts, both men and women are bewildered as to their own motivations, decisions, and choices and are heavily influenced by women objectifying and despoiling porn;

5. Young men hold women in utter contempt and treat them as so much inebriated trash.

One third of men say that they would force a woman to have sex, one in seven would rape her, one fourth of women in college had been sexually assaulted, a majority of men find the sexual degradation of intoxicated women to be "hilarious" or "funny";

6. Faced with such attitudes and a staunch refusal to commit, invest, emote, and reciprocate in relationships - women react with anger bordering on misandry (man-hating).

7. Many men lie and future fake and so obtain consent under false premises, a breach of contract in all but name. Tough technically consent had been given, it was conditioned upon the fulfillment of certain promises and should be considered to have been retroactively revoked.

Not very conducive to mature, negotiated, consensual sex.

234.

Nothing new under the sun. History of modern love and sex: locus of power and control, type of sex. Every generation ADDS to repertory, so today enormous diversity of models and options.

2010-

Casual sex bad and dangerous, sometimes a form of self-harming (self-trashing): sex recession, celibacy

technology empowered atomization: self-sufficiency, relative positioning, fetishization of devices, addictive behaviors

Infantilization: puberty starts and ends years later, continuing education, living with parents, no jobs, not driving, not drinking, no unsupervised socializing, no adulthood markers, no committed relationships, marriage postponed

Between ages 30-40 difficult to find partners: men won't commit, women despair and withdraw, no intimacy or relationship skills ("dating assignments")

31% lifelong singles, another 30% single most of the time

Depression, anxiety, suicide on the rise among the young

Until the industrial revolution:

arranged,

economic,

family is work unit,

women's wealth goes to man,

man's wealth inherited, mobility only for younger siblings

rare divorce,

sex procreative,

men outsource sex,

brawn over brain

Industrial revolution to 1920

Singles in crowded cities

Functions of family outsourced (education in factory schools, healthcare, work), except succor and sex

Gentleman caller (chaperoned)

Women as gatekeepers

Emergence of romantic love, desire

1920-1950

Shortage of men owing to wars (makeup only for women: sexy, not sexual, self-objectification, spectatoring)

Automobile, phone, classified ads, cinema

Dating: fun, first and second base sex common, multiple partners (essentially casual sex)

Dating in college as status marker

Men pay, so have the power

1950-1960

Going steady: sex only in intimate relationships

Stay at home women more conservative than previous generations, men as providers

1960-1990

Golden age of sex:

free love,

college parties,

feminism,

women empowered by the pill, employment, breaking the glass ceiling

sex with multiple casual partners as an option but always leads to abundant sex in relationships, few singles

harbinger: first dating app in 1965

1990-2010

Hookup culture in colleges where women outnumber men 2:1

Casual sex normative and encouraged until age 30

Porn as sex ed

Dating apps

Relationships perceived as threat (obstacles to career and self-actualization)

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235.

Return

Democracy,
History,
And
Other Fictions

33.

The agent-principal problem is rife in politics. In the narrative that is the modern state, politicians are supposed to generate higher returns to citizens by increasing the value of the state's assets and, therefore, of the state. In the context of politics, assets are both of the economic and of the geopolitical varieties. Politicians who fail to do so, goes the morality play, are booted out mercilessly.

The misconduct of politicians is one manifestation of the "Principal-Agent Problem". It is defined thus by the Oxford Dictionary of Economics:

"The problem of how a person A can motivate person B to act for A's benefit rather than following (his) self-interest."

The obvious answer is that A can never motivate B not to follow B's self-interest - never mind what the incentives are. That economists pretend otherwise - in "optimal contracting theory" - just serves to demonstrate how divorced economics is from human psychology and, thus, from reality.

The same goes for politics and political science, respectively.

Politicians will always rob blind the state. They will always manipulate electorates, political parties, legislatures, and the judiciary to induce them to collude in their shenanigans. They will always bribe constituents and legislators to bend the rules. In other words, they will always act in their self-interest. In their defense they can say that the damage from such actions to each citizen is minuscule while the benefits to the politician are enormous. In other words: such misbehaviour is the rational, self-interested, thing to do.

But why do citizens cooperate with such political brigandage? In an important Chicago Law Review article titled "Managerial Power and Rent Extraction in the Design of Executive Compensation" the authors demonstrate how the typical stock option granted to managers as part of their remuneration rewards mediocrity rather than encourages excellence.

Continued: https://samvak.tripod.com/leader.html

34.

Virulently and sadistically misanthropic (actually asocial schizoid) narcissists end up as dismal failures and lonely losers. Their prosocial communal (overt and grandiose) brethren end up as astounding successes, replete with personality cults.

Gregarious narcissists are natural leaders. They grant their followers three wishes:

1. Acceptance and belonging via a group identity as a fan, follower, or acolyte;

2. Fake empathic attention and ersatz succor (the narcissist misrepresents himself as a self-sacrificial "lover of humanity"); and

3. Privileged access to the leader in a game of patronage and favoritism among the cronies in the coterie.

35.

Return

Me,

Me,

And

Me

227.

There is only one book whose content I cannot recall despite having had to wade through it a dozen times or so. In contrast: I remember in minute detail, often verbatim, the verbiage of thousands of tomes. How come?

"Malignant Self-love: Narcissism Revisited" is not really autobiographical. It is based on decades of research, reams of scholarly literature, and structured interviews with 1800+ people diagnosed with NPD and what was left of their "neatest" and "dearest".

Yet, it resonates potently with me. I'd rather not be reminded so starkly and unequivocally of my shattering disability, ubiquitous inadequacies, and failed, wasted, tragic life.

Truly assimilating my book would bring about life-threatening mortification. So, I dissociate every single word in it fearfully.

This repression of my own words and insights sometimes yields comic outcomes. People send me a quote and I hasten to disparage the author: "who is the wannabe genius who fathered this nonsense?", I retort. "You did", the answer comes back, "in your book, page so and so!"

228.

I become possessive and try to reclaim my cheating partner only when I anticipate abandonment. Otherwise, I am indifferent to her cheating, however indiscreet and ostentatious, and content to be left alone and unencumbered by her demands and expectations, catered to by other men.

I never discard my partner when her only transgression is serial cheating: she is extremely unlikely to forgo my brilliant mind, its insights, and the money it produces just for sex or even for a longer-term lover (fewer than 3% of women do).

Moreover: I do not compete with other men for my women when it comes to sex and love (functions I consider vastly inferior to the intellect and of which anyhow I am incapable owing to my infantile emotional age).

I, therefore, do not experience narcissistic injury or romantic jealousy or even unease when my partner chooses a man to love and to sleep with – no more than I would experience injury if she were to invite a plumber or an electrician or go to a hairdresser or a masseur to take care of her needs. As a service provider, she can do as she pleases in her time off.

I feel injured only when she prefers another man's intellect, knowledge, expertise, and experience to mine in my core competencies (medicine, finance, geopolitics, psychology, etc.)

I emotionally or physically discard my partner only when she challenges or undermines my grandiosity as genius, guru, and father figure either via bargaining (which implies that I am not perfect) or when she replaces me with – and betrays me to - another guru/genius/father figure/trusted friend/savior (which implies that I am not omniscient and unique).

I pre-empt the inevitable abandonment: a partner who had rejected my only offerings and contributions to the couple – my mind, its insights, and my moneymaking brainchildren – and who had found a satisfactory substitute for them is on her way out anyhow.

I realize that my woman is suddenly devaluing my mind only because she is heartbroken and enraged at my indifference which she perceives as rejection and neglect. The relationship is doomed in any case.

229.

The lovebombing and grooming phase involves co-idealization: both the narcissist and his targeted prospective partner idealize each other.

The narcissist needs to delusionally misperceive his partner as perfection reified because her impeccability reflects on him: ”she is such a treasure - and she chose ME!”

The narcissist’s mate idealizes him because it is through him that she experiences self-love (probably for the first time in her life). She gets emotionally invested (cathected) in his fantastic rendition of her. This is the “hall of mirrors” effect.

The victim aggressively rejects any attempt by family and friends to restore her reality testing and to open her eyes as to the true nature of the predator she had become infatuated with.

In extremis, she may even sever all communication with anyone who dares to criticize her man or disagree with him. Hurt and befuddled, loved ones reciprocate by shunning her.

Gradually, she forms a cultish shared psychosis (shared fantasy) with the narcissist and excludes all others from her life, leaving her as isolated and vulnerable as any hostage.

230.

The cerebral narcissist's inner monologue, addressed and signaled to his insignificant other:

I am a Genius Child (Wunderkind).

Admire me and serve me as the Genius that I am.

Love me unconditionally as a mother loves her Child - not as a woman loves a man. I am a child, not a man: real as the former, fake as the latter.

Satisfy with other men your emotional needs for adult intimacy and your physical urge to have sex. Expect and demand nothing grown up from me, your Child.

I prefer to explore the world and its marvels on my own, leveraging my magnificent brain. You are not invited: don't be the kind of intrusive mother who makes a nuisance of herself. Go away until I call for you!

231.

Speaker at the International Webinar on “Addiction, Psychiatry & Mental Health” scheduled during March 17-19, 2021.

Invitation letter to serve as the keynote Speaker at the International Webinar on “Psychiatry and Mental Health 2021" on February 17-19, 2021.

Lecture at the Department of Psychiatry, McGill University, Canada, January 22, 2021

I will discuss my new concepts of covert borderline and the bridge between overt and covert cluster B states via collapse and narcissistic mortification.

"Workaholism: Addiction or Lifestyle?"

Certificate of recognition for my presentation in the 33rd International Conference on Mental and Behavioral Health.

Certificate of Recognition for my presentation in the 2nd Webinar on Depression Management and PTSD, May 2021.

Letter of invitation to Psychiatry and Mental Health 2021, May 2021.

Presentation to the International Conference on Psychiatry and Mental Health, May 2021.

Certificate of Appreciation for my presentation on "Malignant Fantasy Defense and Its Outcomes", May 2021.

Opening Keynote Speech in the World Mental Health Congress, June 2021:

"How Excess Flips Traits and Behaviors".

Speaker at the World Conference on Addiction Psychiatry, July 2021.

Keynote speaker at the 2nd World Congress on Psychiatry and Mental Health, July 2021.

My topic: "The Death of Sex and the Demise of Monogamy".

Speaker at the 2nd Global Conference on Addiction Medicine, Behavioral Health, and Psychiatry, October 2021. Will be presenting my new concepts of trauma cascade and trauma imprinting.

Chairperson welcome message: 26th International Conference on Psychiatry, Neuroscience, and Mental Health.

Speaker at the 2nd Global Conference on Addiction Medicine, Behavioral Health, and Psychiatry, October 2021.

Honored to serve as a member of the Advisory Scientific Board of Neurotalk for the THIRD year in a row (swipe left). 12th Annual World Congress of Neurotalk 2022, June 15-17 2022, Singapore.

Presentation in the World Psychiatrists and Psychologists Conference, November 15, 2021, titled "Malignant Fantasy Defense and Its Outcomes". Certificate of Recognition.

Presentation in the series on malignant fantasy defenses, 7th International Conference on Psychiatry and Psychological Disorders, November 23, 2021.

Member of the Editorial Board of the International Journal of Psychopathology and Psychiatric Diagnosis (IJPPD).

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones here.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience

Member of the editorial boards of other academic publications on psychology, psychiatry, mental health, and neuroscience.

http://www.narcissistic-abuse.com/mediakit.html

232.

I have just learned that Rafi Eitan, one of the most important figures in my early life has passed away last year. In the murky world of intelligence agencies, he was my guide and guardian angel and saved my bacon more than once - and my sister's, later an important figure in Israel's defense establishment in her own right.

Growing old is about losses: of body functions, of a mind obscured, of dreams unfulfilled, of opportunities missed.

But, above all, aging detaches you ever so incrementally from your context: values change, buildings get torn down, your peers and elders die.

Before you know it, you are all by yourself on an alien planet, surrounded by lifeforms whose behaviors, motivations, and language you cannot decipher. Horror.

233.

Answering questions posed by the members of the Facebook group "Sam Vaknin's Party Boat of Harsh Truths". Join the group now!

Allegory of Sam.

View the original and read the accompanying text

234.

I am good at what I do and my fees reflect this fact. When I advise my clients that, in their particular case or with regards to a particular issue, they can secure the same outcomes by resorting to a more affordable counsellor, they get offended and bristle at me.

Such reactions used to mystify me: why get angry at me for being honest and transparent about options? After all, in this time of economic hardship, I am only trying to minimize the expenditures of my charges.

A female client explained it to me: "Both a jalope (old, dilapidated car) and a Porsche can get you from point A to point B. But I have worked hard and long to be able to deserve a Porsche."

Narcissists feel entitled to special treatment by the top honchos in every field. Only the best for them! It is a part of their grandiosity. They feel humiliated and rejected when they have to settle for less - even when identical favorable results are guaranteed at a much lower cost.

As I said: narcissism is a nauseating cocktail of stupidity and irrationality.

235.

In 2004, I passed the Brainbench Counselling Techniques test.

My certificate (enlarge the image) states:

“Scored higher than 99 percent of all previous test takers.

Demonstrates understanding of most advanced concepts within the subject area. Appears capable of mentoring others on the most complex projects.

Strengths

Counselling Techniques

Differential Diagnosis

Weak Areas

None Noted

Sub-category Scores

Conceptual 4.0
Problem-solving 5.0
Terminology and syntax 4.0

Weighted average score 4.6"

The testers note that I took only 37 seconds to answer each question, completing the certification exam in under 25 minutes.

236.

Questions answered about narcissists, psychopaths, abusive relationships, and ... the Universe!

"Sam Vaknin’s Party Boat of Harsh Truths" https://www.facebook.com/groups/556746484978383

SAM VAKNIN ANSWERS ALL YOUR QUESTIONS ! ! !

SAM’S FIRST INTERVIEW OF 2021 ! ! !

Q and A with Sam Vaknin answering the questions from Facebook Group.

Fascinating Answers and Amazing Insights ! ! !

HERE ARE IMPORTANT LINKS ! ! !

Sam Vaknin’s Book, ‘Malignant Self-Love Narcissism Revisited’, from Amazon Books

https://www.amazon.com/dp/1983208175

(US)

https://www.amazon.co.uk/dp/1983208175

(UK)

Sam Vaknin's Website: https://www.narcissistic-abuse.com

Sam Vaknin's work on Physics theories:

Chronon Field, Time Atoms, and Quantized Time: Time Asymmetry Re-Visited

https://samvak.tripod.com/time.html

237.

Over 10,000 connections on Linkedin, 7,000 of whom are psychologists, psychiatrists, and neuroscientists.

238.

My YouTube channels:

Narcissists, Psychopaths, and Abuse in Relationships (samvaknin)

World in Conflict and Transition (vakninmusings)

NEW CHANNEL Nothingness: Antidote to Narcissism.

239.

Swipe left: YouTube used to recommend each of my videos to MILLIONS of users.

Then I made the mistake of criticizing the way government mishandled COVID, Black Lives Matter, MeToo, fake "gurus", "coaches", and self-styled "experts" online, and the pernicious movement of the covert narcissists who call themselves "empaths".

Thuggish psychopathic Facebook reacted by simply denying me access to my erstwhile Instagram account @vakninsamnarcissist and cutting off the dissemination of my posts on Facebook: no one sees them anymore.

YouTube is more like a passive-aggressive covert narcissist.

YouTube now no longer shows my videos in search results (search for "narcissism" to see what I mean).

YouTube is now not recommending my videos anymore except to users who have spent months watching other channels on narcissism.

As you can see, my latest video had been recommended to fewer than 93,000 users (compared to an

average of 2 million historically).

Ironically, the number of subscribers to my channel has shot up from 85,000 to 135,000 and my CTR (Click Through Rate) has DOUBLED (in other words: twice as many users click on my videos on the rare occasions that they are recommended).

These platform are monopolies. They have severely undermined free speech and should be regulated, penalized, and broken up. Their current egregious misconduct is a dictatorship (technocracy): the unelected and unqualified few, armed with dumb AI softwares, are muzzling, silencing, and throttling anyone who dares to call the truth as they see it or to not toe the party line to maximum profits. These enterprises are evil and a menace, end of story: they should be confronted and reformed or taken down.

Before they delete this video: share, favorite, like, subscribe, and comment! Fight back!

https://www.youtube.com/samvaknin

240.

More and links: http://samvak.tripod.com/time.html

https://arxiv.org/abs/1806.05244

In his PhD dissertation (1984, Library of Congress), Sam Vaknin postulates a particle (chronon, time quark) whose exchanges yield Time. Various time quarks (up, down, colors, etc.) cancel each other (in pairs, etc.), creating time arrow asymmetry.

Chronon is an ideal clock, but also mediates time itself (like Higgs boson & mass.) "Time" is the interaction between chronons in a field (5th force). This gives rise to a quasi-deterministic rendition of quantum theories & links time to other particle properties, such as mass.

"Events" are perturbations in the Time Field, distinct from chronon interactions.

The Universe is observing itself, the only privileged observer & frame of reference.

Future directions

Timespace can be regarded as a wave function with observer-mediated collapse. All the chronons are entangled at the Big Bang. This yields a relativistic QFT with chronons as Field Quanta (excited states.) with integration via the quantum superpositions.

The metric expansion of time is implied if time is 4th dimension of space or a PHONON of the metric itself.

Perturbative QFT: Time from the Big Bang is mediated by chronons & this leads to expansion (including in the number of chronons.) No bound states.

Chronons as excitation states (stochastic perturbations, vibrations) tie in with superstring theoriest without extra dimensions. Cumulative, "emerging" perturbations amount to a curvature of time-space. Both superstring theories and GRT are, therefore, private cases of a Chronon Field Theory (CFT).

Electro-Gravity Via Geometric Chronon Field and on the origin of mass

Eytan H. Suchard

In 1982, Dr. Sam Vaknin pondered the idea of reconstructing physics based on time as a field ... in his doctorate dissertation as an amendment to the Dirac spinor equation.

Sam saw Quantum Field Theory particles, momentum, and energy as results of the language of physics and of the way the human mind perceives reality - not as reality. ... It is a revolution of the language itself, not a new interpretation of the existing language.

The Special and General Theories of Relativity were revolutions but they did not challenge the use of momentum and energy but rather gave them new relativistic interpretation.

Quantum Mechanics used Energy and Momentum operators and even Dirac's orthogonal matrices are multiplied by such operators. Quantum Field Theory assumes the existence of particles which are very intuitive and agree with the human visual system. Particles may be merely a human interpretation of events that occur in the human sensory world.

This paper elaborates on one specific interpretation of Vaknin's ideas developed by the author (2003-August 2018).

A key idea in this paper is, that while a preferable coordinate of time violates the principle of general relativity, a scalar field does not, because it does not point to any preferable direction in space time and need not be unique.

Interacting particles with non-gravitational fields can be seen as clocks whose trajectory is not Minkowsky geodesic.

A field in which a small enough clock is not geodesic can be described by a scalar field of time whose gradient has non-zero curvature: either real (describes acceleration of neutral clocks made of charged matter), or imaginary (describes acceleration of clocks made of Majorana type matter).

This way the scalar field adds information to space-time, which is not anticipated by the metric tensor alone. The scalar field can’t be realized as a coordinate because it can be measured from a reference sub-manifold along different curves.

In a “Big Bang” manifold, the field is simply an upper limit on measurable time by interacting clocks, backwards from each event to the big bang singularity as a limit only.

In De Sitter / Anti De Sitter space-time, reference sub-manifolds from which such time is measured along integral curves are described as all the events in which the scalar field is zero. The solution need not be unique but the representation of the acceleration field by an anti-symmetric matrix is unique up to SU(2) x U(1) degrees of freedom.

Matter in Einstein-Grossmann equation is replaced by the action of the acceleration field (geometric action which is not anticipated by the metric alone).

New formalism of matter replaces the conventional stress-energy-momentum-tensor. A positive charge manifests small attracting gravity and a stronger but small repelling acceleration field that repels even uncharged particles that measure proper time, i.e. have rest mass.

The negative charge manifests a repelling anti-gravity and a stronger acceleration field that attracts even uncharged particles that measure proper time, i.e. have rest mass.

Theory leads to causal sets. Spacetime exists only where a chronon wave-function collapses.

It has technological repercussions, implications regarding "Dark Matter" and "Dark Energy".

241.

Speaker in the 2nd Webinar on Stress and Depression Management, February 12, 2021.

My topic: "Anxiety and Personality Disorders".

Speaker in International Conference on Psychiatry and Mental Health, February 15, 2021

My topic: "Narcissists as Patients and Survivors of Accidents" (Certificate of Recognition and Appreciation)

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones here.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

http://www.narcissistic-abuse.com/mediakit.html

242.

@teasingkafka is soliciting questions for her second interview with me (the first one is available on my YouTube channel and is rather popular viewing.

You can message (DM) her on Instagram, leave your question as a comment here, or as a comment on her YouTube videos (search for Dorcas on YouTube):

https://www.youtube.com/watch?v=WYXgFWAiEIA

243.

@mydefiningmoment was very kind to include this image in her story yesterday. Naturally, I agree with her fully.

I love her posts, by the way: an anthology of the most sidesplitting humorous quotes from other users coupled with her concise and incisive words abuse and recovery. Highly recommended.

244.

Presentation in the 2nd Webinar on Stress and Depression Management, February 2021

No way to avoid anxiety whatever choices you make. Authenticity and Bad Faith projects both end in anxiety.

Horney's great contribution was the concept of anxiety. Freudian anxiety is a rather primitive mechanism, a reaction to imaginary threats arising from early childhood sexual conflicts. Horney argued convincingly that anxiety is a primary reaction to the child's dependence on adults for his survival.

Children are uncertain (of love, protection, nourishment, nurturance) – so they become anxious. They

develop psychological defences to compensate for the intolerable and gradual realisation that adults are merely human and are, at times, capricious, arbitrary, unpredictable, unreliable.
These defences provide both gratification and a sense of security. The problem of dangerous dependence still exists, but it is "one stage removed". When the defences are attacked or perceived to be attacked (such as in therapy) – anxiety is reawakened.

245.

The last revised printing of the 10th edition (2015) of "Malignant Self-love: Narcissism Revisited" is being delivered to the warehouse in the offices of Narcissus Publications as we speak!

Buy it from Amazon. It is the first book on narcissistic abuse ever written (1995) and, thanks to my wife, @reframingtheself, published (online in 1997 and in print 1999).

"Narcissistic abuse" is a phrase I had coined, among many others. It triggered a global online movement of staggering proportions and the language I had created now permeates the discourse in everything from culture to movies to politics worldwide.

No one even knows that I am the father of "flying monkeys", "narcissistic fleas", somatic and cerebral narcissist, hoovering, discard, and numerous other words and phrases. I gave voice and self-awareness to the victims and, for 9 gruelling years (1995-2004), I have been all alone in running support groups and websites on narcissism. There was no one else but me online. Most current "experts" and "coaches" were teenagers at the time.

I am long forgotten, reduced to obscurity on my puny and abandoned YouTube channel. The organizers of Narcissistic Abuse Awareness Day even ban me from the event for "victim shaming and blaming".

But my work lives on. A good parent takes pride in the separation and individuation of his offspring and brainchildren. I do. They have outgrown me.

246.

I want to tell you how much I am afraid of pain. To me, it is a pebble in Indra's Net - lift it and the whole net revives. My pains do not come isolated - they live in families of anguish, in tribes of hurt, whole races of agony. I cannot experience them insulated from their kin. They rush to drown me through the demolished floodgates of my childhood. These floodgates, my inner dams - this is my narcissism, there to contain the ominous onslaught of stale emotions, repressed rage, a child's injuries.

Pathological narcissism is useful - this is why it is so resilient and resistant to change. When it is "invented" by the tormented individual - it enhances his functionality and makes life bearable for him. Because it is so successful, it attains religious dimensions - it become rigid, doctrinaire, automatic and ritualistic. In other words, it becomes a PATTERN of behaviour.

I am a narcissist and I can feel this rigidity as though it were an outer shell. It constrains me. It limits me. It is often prohibitive and inhibitive. I am afraid to do certain things. I am injured or humiliated when forced to engage in certain activities. I react with rage when the mental edifice supporting my disorder is subjected to scrutiny and criticism - no matter how benign.

Narcissism is ridiculous. I am pompous, grandiose, repulsive and contradictory. There is a serious mismatch between who I really am and what I really achieved - and how I feel myself to be. It is not that I THINK that I am far superior to other humans intellectually. Thought implies volition - and willpower is not involved here. My superiority is ingrained in me, it is a part of my every mental cell, an all-pervasive sensation, an instinct and a drive. I feel that I am entitled to special treatment and

outstanding consideration because I am such a unique specimen. I know this to be true - the same way you know that you are surrounded by air. It is an integral part of my identity. More integral to me than my body.

This opens a gap - rather, an abyss - between me and other humans. Because I consider myself so special, I have no way of knowing how it is to be THEM.

In other words, I cannot empathize. Can you empathize with an ant? Empathy implies identity or equality, both abhorrent to me. And being so inferior, people are reduced to cartoonish, two-dimensional representations of functions. They become instrumental or useful or functional or entertaining - rather than loving or interacting emotionally. It leads to ruthlessness and exploitativeness. I am not a bad person - actually, I am a good person. I have helped people - many people - all my life. So, I am not evil. What I am is indifferent. I couldn't care less. I help people because it is a way to secure attention, gratitude, adulation and admiration. And because it is the fastest and surest way to get rid of them and their incessant nagging.

I realize these unpleasant truths cognitively - but there is no corresponding emotional reaction (emotional correlate) to this realization.

There is no resonance. It is like reading a boring users' manual pertaining to a computer you do not even own. It is like watching a movie about yourself. There is no insight, no assimilation of these truths. When I write this now, I feel like writing the script of a mildly interesting docudrama.

It is not I.

Still, to further insulate myself from the improbable possibility of confronting these facts - the gulf between reality and grandiose fantasy (the Grandiosity Gap, in my writings) - I came up with the most elaborate mental structure, replete with mechanisms, levers, switches and flickering alarm lights. My narcissism does two things for me - it always did:

1. Isolate me from the pain of facing reality;

2. Allow me to inhabit the fantasyland of ideal perfection and brilliance.

These once-vital functions are bundled in what is known to psychologists as my "False Self".

247.

Keynote Speaker in Webinar on Neuroscience, Psychiatry and Tissue Science, February 27, 2021

My topic: "The Sorry State of Psychology".

Psychologists cannot agree on even the most basic things, psychology can never be a science.

Speech at the 38th Global Psychiatry & Mental Health Conference: “The Sorry State of Psychology”.

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones here.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

http://www.narcissistic-abuse.com/mediakit.html

248.

With one notable exception, I had never set boundaries in any of my relationships. I let my partners behave and misbehave every which way. I afforded them unmitigated, anarchic freedoms and a complete lack of scrutiny.

Even when ALL of them had abused these privileges with ostentatious and egregious serial cheating, I never protested or restrained them (except once).

My girlfriends, spouses, and mates resented this benign neglect: it felt like indifference to them, as if I don't care and don't mind. They couldn't get a rise or even a modicum of attention out of me, no matter how bad their escalated misconduct had become.

This unflappable and implacable posture engendered loads of uncertainty in the tortured minds of my ostensible intimates: Does he truly love me? If so, why does he never set rules or intervene, never mind to what extent I disrespect him in private and in public? Is his apathy a form of passive-aggression?

Gradually, they could no longer see me as a man. Real men are somewhat possessive and romantically jealous and they are definitely boundaried. Genderless and spineless doormats like me lack these features.

Repelled by my obsequiousness and angry at my avoidance, my partners became extremely sex averse. They cut off all sex with me and started to sleep around in order to cater to these most basic of their unmet needs: intimacy, love (or emotionality), and sex with a man.

My partners did not choose other men over the man they were having a committed relationship with. Rather, they chose actual virility over me: the entity back at home which was neither man nor human. They chose presence over absence, actual throbbing life over a pallid simulacrum, and warm, pulsating bodies over my dead flesh.

249.

With one notable exception, I had never set boundaries in any of my relationships. I let my partners behave and misbehave every which way. I afforded them unmitigated, anarchic freedoms and a complete lack of scrutiny.

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Gradually, they could no longer see me as a man. Real men are somewhat possessive and romantically jealous and they are definitely boundaried. Genderless and spineless doormats like me lack these features.

Repelled by my obsequiousness and angry at themselves for having made such a disastrous mate selection and furious at my avoidance, my partners became extremely sex averse. They cut off all sex with me and started to sleep around in order to cater to these most basic of their unmet needs: intimacy, love (or emotionality), and sex with a man.

My partners did not choose other men over the man they were having a committed relationship with. Rather, they chose actual virility over me: the entity back at home which was neither man nor human. They chose presence over absence, actual throbbing life over a pallid simulacrum, and warm, pulsating bodies over my dead flesh.

In my previous post, I discussed my lack of boundaries in my intimate relationships. But the same applies to every other interpersonal relationship I have ever had: from "friendships" to business.

I seek only two mutually exclusive outcomes: 1. To be adulated and mothered or fathered as a Wunderkind; and 2. To be left alone to play.

These incompatible goals lead to extreme immaturity and approach-avoidant behaviors.

Until very recently and for decades, I gave away, free of charge, lectures, seminars, services, and all my writings. This self-prostitution provoked both suspicion and derision in the recipients of my inexplicable and irrational largesse ("Why is he doing this? What an idiot!")

Exactly like my romantic partners, everyone else reached the conclusion that I am not a man, but a spineless doormat.

Numerous people brazenly stole my work and my ideas and men picked up my women in my presence, undeterred by me and contemptuous of my acquiescing silence in their egregious misconduct.

My reputation as a craven and easy mark preceded me. My women became public domain as did my intellectual property.

I had become the butt of loathing and mockery wherever I went because I declined to protect my property from plagiarists or lay claim to my spouses or girlfriends or lovers when they were approached by other men and went with them into the night.

I had been and am still being humiliated and profoundly disrespected because I had disrespected myself in public in every way imaginable and still do (as these last two posts so unequivocally demonstrate).

250.

In all my relationships, I allow my partners to be with other men as sexual or even long-term romantic partners. I am forbidden to have any contact whatsoever with women, unless my partner is present and could terminate the meeting at any time. Why this lopsided doormat arrangement?

I accept that, in order to persevere and survive within my increasingly more sexless shared fantasy (in which I am intermittently a child or a father, but never an adult man), my woman has to meet her sexual and emotional needs with (other) men.

I accept that I am not allowed to do the same. I acquiesce in this asymmetry for various reasons:

A. As long as there are no indications of imminent abandonment, I don't care if she is with other men, she is hurt and feels insecure when I am having any interaction with other women.

B. I should be grateful to her for any time spent with me and on my needs: I am so broken that her presence in my life is a sacrifice on her part, she is doing me a huge favor. I have no right and am in no position to establish boundaries or rules and to then enforce them.

C. She is an adult and I am not - she needs mature, conventional, reciprocated, and regular sex and intimacy, I don't. So, I have to compromise and sacrifice in order to secure her presence and commitment to the relationship. My women are virtual singles with a petulant child or a stern father at home: dating others is their only outlet and escape.

Proof of my infantile immature state of mind: only during an active shared fantasy, I experience fear of loss and abandonment/separation anxiety (in the form of romantic jealousy), but not competition with other men, as all male do. I (cerebral) have only the first (typical of a pre-Oedipal child, though some narcissists have all three, esp. psychopathic and somatic);

D. I can have sex only within a shared fantasy (a new relationship) while she can compartmentalize and not abandon me.

E. Any new shared fantasy will end the same way, with sexlessness and acrimony, so why bother? As long as I am getting supply and services (however meager), better stay put and forget about sex. I move on to a new shared fantasy only when 2 of the 3 Ss are missing at which point the woman had come to replicate my bad, dead mother and failed in her role as a good enough mother;

F. Only mentally ill, broken, damaged, and traumatized women will succumb to my psychosexuality and enter the shared fantasy and this poses serious risks (exposure, blackmail, suicide, criminal liability). Scouting for a new shared fantasy is an absolute desperate last resort;

G. I successfully sublimate my autoerotic sadistic kinky sex drive: I really prefer learning and entertainment (books, internet, my collections) to sex and am far more gratified by these solitary activities. My biological drive is entirely satisfied with porn. My psychosexual kink and sadism require a compliant live body, but the prize is not worth the price: I suppress my urges, exactly the same way practitioners of other paraphilias (like pedophilia) do. Plus, rejecting women, frustrating, and humiliating them when I cannot have them for my sadistic pleasures feels as good as sex.

H. Allowing my partner to cheat on me restores my delusion of being in control.

As long as there is no risk of abandonment in the shared fantasy, I turn a blind eye or even encourage my intimate partner tacitly or openly to cheat on me and resort to other men as extensively and for as long as she needs to.

The only two faux adult roles I am willing to play (father and guru, in order to secure the shared fantasy) are brief and devoid of any responsibilities, chores, or commitment. My investment is proportional to my expectations and to benefits derived. Future faking is only a small part of the manipulative ploy which also includes delusional role playing by everyone involved.

As my woman has emotional and sexual affairs and casual sex with other men, I do not experience any romantic jealousy or any other emotion except sometimes a relief that I do not have to cater to her demands as a woman: it is someone else's problem now, she had outsourced the potentially thorny and threatening issue.

With her gone, imposing on another man's time and resources, I have now regained mastery of my life and feel euphoric and liberated (like a child home alone, when the nagging adults are away). Nuisance is busy elsewhere, I am left to my pleasurable devices and time consuming vocations or avocations. I can finally be a child and play in the sandbox unperturbed and unencumbered.

My natural state is schizoid: when I am successful, I feel empowered, self-sufficient, and sadistic ("fuck off factor") and when I fail, I withdraw in order to avoid narcissistic injuries and mortifications. I have always been solitary, introverted, and generated a constant stream of intellectual arousal and self-stimulation (probably out of necessity), alone with my books, in the library, or in my study.

I fulfill the Guru Father role only when my woman seeks my advice or asks for money - and then I promptly revert to childish form.

The Guru Father role is not necessarily masculine: it can be woman (like in lesbian couples who raise children)

251.

The good ol' days, before the viral coup: teaching in Southern Federal University in Rostov-on-Don, Russian Federation (2018).

252.

FASCINATING TOUR: Jessica and I talk about everything mental health and mental illness: from narcissism to parenting, from China to the West, from trauma to coping, from addiction to psychology, from the brain to the mind, and from Freud to YouTube "experts".

Chicago Resilience Expert , Life Coach, Corporate Health and Wellness, Public Speaker, Mental Health Advocate: https://jessicacorvo.com/

253.

My work in psychology, economics, and other disciplines is cited in over 3000 books (according to Google Books and Amazon) as well as close to 900 academic papers.

Additional citations of my work are on Google Scholar.

More about my work in psychology, psychiatry, mental health, and neuroscience:

http://www.narcissistic-abuse.com/mediakit.html

254.

Speaker in 33rd International Conference on Mental and Behavioral Health, March 23, 2021

My topic: "Narcissism and Autism".

Speaker in 2nd International Webinar on Clinical Psychology and Psychiatry, March 19, 2021

My topic: "Is the Narcissist Self-aware, Introspective?"

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones here.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

http://www.narcissistic-abuse.com/mediakit.html

255.

Domestic abuse and family violence documentary on Ukrainian National Broadcasting Company.

When Loved Ones Murder You: the full interview, now available on my YouTube channel in English.

Some abusive relationships end in murder. How does love become death? From Stockholm Syndrome through Trauma Bonding to Tendency to Interpersonal Victimhood: a survey of current knowledge.

Interview granted to Alla Sadovnyk of Ukrainian National Broadcasting Company

The full documentary (Ukrainian): https://www.youtube.com/watch?v=_JtWKB8PLOo&t=0s

More about abuse in intimate relationships:

http://www.narcissistic-abuse.com/abuse.html

http://www.narcissistic-abuse.com/abusefamily.html

256.

I find it difficult to accept that I some people are irredeemably evil, that they ecstatically, almost orgasmically enjoy hurting people and that they actively seek to inflict pain on others. It runs so contrary to my long-cultivated and tenderly nurtured self-image as a benefactor, a sensitive intellectual, and a harmless hermit.

In truth, sadism meshes well and synergetically with two other behavior patterns: the relentless pursuit of narcissistic supply and a self-destructive, self-defeating, and, therefore, masochistic streak.

The process of torturing, humiliating, and offending people provides proof of omnipotence, nourishes grandiose fantasies, and buttresses the False Self. The victims' distress and dismay constitute narcissistic supply of the purest grade. It also alienates them and turns them into hostile witnesses or even enemies and stalkers.

Thus, through the agency of his hapless and helpless victims, the sadomasochist bring upon his head recurrent torrents of wrath and punishment. This animosity guarantees his unraveling and his failure, outcomes which he avidly seeks in order to placate his inner, chastising and castigating voices (what Freud called "the sadistic Superego").

Similarly, the sadist is a fiercely independent person (known in psychological jargon as a "counterdependent"). But his is a pathological variant of personal autonomy. He wants to be free to frustrate himself by inflicting mental havoc on his human environment, including and especially his nearest and dearest, thus securing and incurring their inevitable ire.

Getting attached to or becoming dependent on someone in any way - emotionally, financially, hierarchically, politically, religiously, or intellectually - means surrendering his ability to indulge his all-consuming urges: to torment, to feel like God, and to be ruined by the consequences of his own evil actions.

257.

Organizing Committee Member and Keynote Speaker in International Conference on Neuroscience and Psychiatry, March 7-8, 2022, Paris, France.

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones here.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

http://www.narcissistic-abuse.com/mediakit.html

258.

Between 1995 and 2015, I was the only self-admitted diagnosed narcissist online. I was the first and until 2015 the only narcissist to provide unmitigated access to his mind and inner machinations. This free service was of incalculable value to victims of narcissistic abuse (a phrase I had coined, together with most of the rest of the language in use today to describe narcissism).

Around 2013, I made a catastrophic marketing error: I pivoted and attempted to rebrand myself as a scholar of personality disorders and a professor of psychology (which I am). On my platforms, in my lectures and seminars and books, I suppressed and deleted all speech or texts describing me as only a narcissist.

But everyone - including other scholars and psychologists, shockingly even my nearest and dearest and my own clients - would have none it. They doubt every single statement I make about myself and refuse to check the facts and evidence, even when I offer it ("we have made up our minds, don't confuse us with the facts"). They smirk and imply that I am a liar, but an endearing one, a charming scammer, like all other narcissists.

The result? I have lost my slot as the "go to narcissist" to nonsense-spewing con artists online, I was dropped by the mass media (which used to court me incessantly), and my scholarship is ignored ("you cannot trust a narcissist with anything, let alone psychology").

The number of visitors to my websites declined by 70% and the number of views on my YouTube channel by a whopping 95%. I have nothing more to offer either as a narcissist - or as a scholar who is highly suspect because I am a narcissist.

259.

Excerpts from an interview I gave to the campus vlog of SIAS-CIAPS (Centre for International Advanced Professional Studies).

260.

I feel so helpless when I work with a client whose mental health condition is hopeless and unmanageable.

Self-interested hype by therapists aside, many patients are just beyond help, they have strayed away too far from home, their mind is a jumbled, tangled mess, pulsating with the traumas and agonies that had shaped them.

Some of them inherited miswired brains or toxic cocktails of neurotransmitters and hormones.

I lose sleep over such clients, I agonize and fret and pit the full might of my formidable intellect only

to be defeated time and again. It is a humbling, traumatizing experience, especially for a grandiose narcissist. Maybe I just see myself in them.

These clients are so vulnerable and raw and so abused, exploited, and shunned by everyone that they succeed to penetrate all my defenses and dysregulate me badly.

They are endowed and great looking and sexy and sensitive and hyperintelligent and such a terrifying waste. This cruel discrepancy induces burnout in us who attempt to salve and heal and soothe.

When I studied medicine, I had witnessed the most authoritarian and resilient doctors dissolve into tears having lost a patient they got attached to, despite all the training and the warnings to not do so.

Sometimes, in secret, when no one is watching, so do I.

261.

Certificate of Recognition for my presentation titled "The Sorry State of Psychology" in the 38th Psychiatry and Mental Health Conference, February 27, 2021.

Special session for my presentation "Traumas as Social Interactions" in a Joint Event of the 31st Euro Congress on Psychiatrists and Psychologists and the 25th International Conference on Neurology and Neurophysiology, April 5, 2021.

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones here.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

http://www.narcissistic-abuse.com/mediakit.html

262.

The descent into hell begins.

Please fasten your seat belts

Over decrepit bones.

Direct your sockets

Heavenwards,

Not into your phones.

Fear not the demons,

The fiery cauldrons,

As you are already dead.

Dread only your fellow passengers

On the road ahead.

There is no return ticket

On this hellish ride.

Only the smoldering memories

Of your haunted pride.

263.

Certificate of membership in the editorial board of Journal of Addiction and Physical Dependence.

Certificate of membership in the editorial board of Mathews Journal of Psychiatry and Mental Health.

Certificate of Recognition for my presentation titled "Traumas as Social Interactions" in the 31st Euro Congress of Psychiatrists and Psychologists, April 5, 2021.

Presentation titled "Spontaneous Remission in Cluster B Personality Disorders" in the 33rd Edition of International Conference on Psychiatry and Mental Health, April 29, 2021.

Presentation titled "Traumas as Social Interactions" in the 2021 World Neuroscience and Psychiatry Conference, Bangkok, November 2021.

Presentation titled "Spontaneous Remission of Cluster B Personality Disorders" in the 33rd Edition of the International Conference on Psychiatry and Mental Health, April 29, 2021.

Editor Certificate in Psychology and Behavioral Therapy.

The narcissist doesn't do separation well: he needs you to lose your vitality, independence, autonomy, and social support network.

Interview with Paxton from Narcabuse TV on IGTV (Instagram TV)

Keynote speaker at the 7th Annual Congress on Mental Health

2nd Webinar on Depression Management and PTSD, May 2021.

2nd Webinar on Depression Management and PTSD, May 2021 Promo.

My presentation on the fantasy defense mechanism in the International Webinar on Psychiatry and Mental Health 2021.

Editor in Chief and Editor of academic journals on psychology, psychiatry, mental health, and neuroscience:

http://www.narcissistic-abuse.com/mediakit.html

264.

Soon! Interview with Symone Fairchild, Founder, CEO of EyeOnDV (www.eyeondv.com)

265.

Being the grandiose narcissist that I am, I act as though, once I am vaccinated, the world as a whole will revert to its pre-pandemic normal.

As if the state of normalcy all depended on my restoration to full function.

As though this globalized sempiternally spinning globe revolves around me and my petty affairs.

Call it “grandiose myopia”. We all have it to some degree and governments leverage it to sell us on the fantasy of regaining our lives and sanity via vaccination. Inoculate and go back to normal, they all mislead us.

The truth, of course, is that the world, as we had known it, is never coming back.

Life is the sum total of losses and personal growth is fostered by pain and crisis. This pandemic is transitioning us as a species to adulthood: a brutal but efficacious fast forward. Time to grow up, I guess.

266.

ALL the women in my life insisted to have total freedoms with other men while I was not allowed to communicate in any way with other women, however innocuously.

My partners also cut off whatever sex we did have, shoehorning me into involuntary celibacy for years and decades at a time.

My intimate partners said: “It is such a sacrifice to be with you, we are doing you such a huge favor - you ought to compensate us by letting us be with real men, which you are not”.

Codependent cowardly doormat that I was, I had agreed to it. I had hoped that, given such liberties, these women will not abandon me - which of course, they all ultimately did.

Why would any woman stay with a codependent cowardly doormat after she had availed herself of his money?

Way too late in my life, I put a stop to these unilateral arrangements. I started to insist on symmetry and reciprocity.

But by that time, I was already old and sick and the immobilizing pandemic is consuming what is left of my dwindling longevity, so my newfound resolve is more symbolic than efficacious, a futile last hurrah, a pathetic gesture of meaningless defiance.

I grew a pair of balls and a spine when they are no longer of use to me. I hold myself in unmitigated contempt and self-loathing for my lifelong craven capitulation to my abandonment anxiety and for the way I let women leverage my mental illness.

267.

Is society being groomed through social media?

Four steps to change yourself in order to change the world into a more agreeable, better place.

Tips: transform yourself, transform this world. Technology catalyzed and accelerated the disintegration of our social institutions, our atomization, and alienation.

Quinn Holiday @agrpnetwork (ASSC DIRECT) and I are going to try to find out on Saturday.

The talk will be released on both our YouTube channels.

Stay tuned.

268.

In the rainforest, butterflies had been drinking the tears of turtles under the silent canopy of timeless trees from time immemorial.

I have never experienced this kind of permanence.

A bewildered tourist in my own exotic life, forever in chase of the next attraction, my itinerary dwindling inexorably.

Always elsewhere where the grass is.

And countless women feasting on my tears as I retreat, head first, into my shell.

Then gone.

269.

"It's Your Mother's Fault" by the inimitable Giulia Preziuso @mydefiningmoment Sidesplitting AND wise!

270.

I wrote this 21 years ago: "That thing between a man and a woman, I lack.

That moist energy, the hungry eyes, the imperceptible tilt of bodies lusting, that magnetism. I do not have it. I do not know the frequency of the silent broadcasts of sexuality. My face is handsome in a man-child way. My features broad but quite agreeable. Sometimes I am rich and powerful, or famous. I can turn on at will a fount of irresistible, immersing, spuriously empathic charm.

Women are curious, even inexorably drawn. But as they inch closer, they sense the void that I am; the howling abyss where a person should have been; the abode of death cloaked in the deceptive hallmarks of an ebullient, exuberant, ostensibly productive life. I am the quintessentially deceptive package, an awry being, a mental alien in an uncanny carnal outfit.

In women I induce confusion. They are attracted and then repelled by some essence that they cannot explain, nor name. "He is so unpleasant" - they say, hesitantly - "He is so... aggressive... and so... disagreeable".

My own girlfriends, paramours, and wives struggled with this fetid, repellent emanation. They called me "sick" and "creepy" or "damaged goods." They meant to say that I am not a healthy person altogether, not all there.

They invariably ended up with other men, cheating, swinging, desperately trying to recoup their molested self-esteem, feeling rejected and dejected.

The animals we are, women sense my infirmity. I read somewhere that female birds avoid the sickly males in mating season. I am one sickly bird and they skirt me with the hurt perplexity of the frustrated.

Continued here: https://samvak.tripod.com/narcissistattraction.html

271.

Lose Your Narcissist Online Retreat - an extended event like no other. A Mary Kane initiative.

My honor to be opening this series with a fascinating conversation I have had with Mary Kane.

Www.lynretreat.com

Strategies to Thrive Mentally, Physically, Emotionally & Financially Out of Narcissistic Abuse!
JULY 19-21, 2021

272.

We are all becoming more narcissistic and psychopathic, embedded in a civilization that is best described as anomic and atomized. Why is that? What has happened to facilitate this disturbing and ominous trend?

First interview of three with Game Changers.

273.

In my Junior Suite at the magnificent Dolder Hotel in Zurich, Switzerland. First pandemic trip in 18 months. Delta everywhere - but it is time to resume life as cautiously as we can. View from the balcony.

274.

I am so clueless and so severely dissociative that I experience my life as a 1920s expressionistic film: disjointed, hallucinatory floating snippets with no rhyme, reason, or connective tissue.

I draw blanks: no context, bridging narrative, or meaning. A kaleidoscopic nightmare.

Sometimes, I recall static scenes, like snapshots. But I cannot reanimate them.

A scene in a restaurant. A woman by my side. Who is she? We have had a fight. Over what? When? Where?

The second story of a house. What am I doing there? Why does it reek faintly of sex when there had been none?

A meeting with criminals in a cafe. No idea over what, with whom.

I can't remember well over 90% of my personal life. Only the grandiose, adventurous, and risky parts. Or encyclopedic entries.

Women - a parade of them - signalling desire, sexually advancing. I am utterly oblivious. I lecture to them incessantly or compulsively analyze their behavior as an entomologist would his insects.

I can't wake up, no matter how hard I try.

275.

I am terrified of the pain of betrayal - but seek it.

Terrified of intimacy - but crave it.

So, I choose women whose idea of intimacy is betrayal and whose concept of love is pain.

Women whose past consists of both.

Women who had first and foremost betrayed, defiled, degraded, and hurt themselves.

276.

Academia.org found 758 papers uploaded to its database and citing my work in various fields.

Additional papers and citations: http://www.narcissistic-abuse.com/mediakit.html

277.

I am horrified by the cheapening and commodification of sex and intimacy in casual sex. I find it abhorrent and extremely off-putting sexually.

This is a reaction formation: I am prone to exactly such behaviors and I abhor and condemn them in myself.

But I am also enraged and humiliated by my cowardice to have pursued my sexual predilections and potential partners until way too late in life.

I am envious of those carefree and brave enough to have attempted to realize their sexual wishes and fantasies, sometimes in defiance of social mores and strictures.

I not only avoided to attempt to have sex - I had rejected multiple sexual advances, sank into decades long celibacy, and created an intellectual edifice and an ideology to justify my sexual self-immolation.

278.

I fail to balance my hunger to create in splendid isolation with my social and sexual needs: it is an either-or situation with no integration of these functions.

I produce prodigiously only when I am a recluse. My creativity is utterly driven by the unmitigated sublimation of my sex drive and social urges. I need to be isolated in a virtual monastery in order to write or to make videos.

When I venture out into the world, even minimally, I dry up. I cannot put two words together. Years can pass with not a single contribution, resulting in grossly stunted output.

Similarly, when I feel trapped, I become celibate and sublimate my sex drive into creativity. Examples: when I am in a shared fantasy and I am terrified to lose my partner or during the pandemic, when there was no way to travel or to meet socially distanced people.

279.

I am a confident teacher because I am a humble student.

I impart knowledge effortlessly because I had done my research laboriously.

I never give in to my ignorance - but I never deny it either.

To pretend to know is the greatest sin in my book. To refuse to learn is the second most egregious transgression.

280.

Back at the magnificent Dolder Grand hotel in Zurich from a trip to Montreal to meet colleague psychologists from McGill university.

Flying nonstop for months now, trying to beat COVID's next gambit!

281.

At age 60, I am learning to accept that there are problems I will never solve, women I will never love, people I will never see again, questions I will never get answered, chances I will never get, children I will never have, words I will never utter.

I embrace my end: a respite and a sanctuary from a life worn out by mental illness, profound aloneness, and a churning intellect.

282.

Narcissists are 2 year old infants who are trapped in a post-traumatic condition characterized by a perpetual prolonged complicated grief coupled with depression.

Already in 1942 Hervey Cleckley hypothesized that narcissists and psychopaths may be actually emotionally hypersensitive and inordinately intelligent. Their disorders are defensive attempts to wall off emotions that were so profound that they threatened to overwhelm and dysregulate them. Theirs is a post-traumatic state that can best be described as complicated grief or prolonged grief reaction.

A later scholar, J. S. Grothstein suggested in 1984 that Borderline Personality Disorder was the outcome of a failed effort by the child to deploy pathological narcissism to avert and forestall ominous emotional reactions to extreme abuse.

All my life I accepted that my intimate partners could survive being in a abusive, traumatic, and self-sacrificial relationship with me only by liaising with other men for some much needed restorative respites. I had to share all the women in my life with other guys throughout my relationships - or else remain lonely and die alone.

But another reason for this dysfunctional arrangement may have been the fact that I am too intense and self-destructive, burning like a candle at both ends. My partners needed to get away from me to avoid witnessing my agonizing meltdowns. It was too painful for them to stick around precisely because they did love me.

283.

Interview in MEL Magazine:

https://melmagazine.com/en-us/story/sam-vaknin-youtube

MEL MAGAZINE: THEY SAY NARCISSISM IS UNTREATABLE. THIS NARCISSIST IS GIVING IT A TRY ANYWAY

Ian Lecklitner

Ian Lecklitner is a staff writer at MEL Magazine. He mostly writes about everyone's favorite things: Sex, drugs and food.

284.

Titivated myself! Preparing to participate on Monday in the first documentary ever by Paula Lekuona about my philosophical system of Nothingness and, later in the week, two days of shooting with Mark Vicente for his docu on narcissistic abuse.

I coined the phrase “narcissistic abuse” in 1995 and I am so proud to witness it go global and mainstream!

Find additional documentaries on me and with me here: http://www.narcissistic-abuse.com/mediakit.html

285.

The first documentary ever about my philosophical system of Nothingness with Paula Lekuona and Sarah (in the office of my good friend @zoran.vitanov).

Join my Nothingness YouTube channel.

286.

Will be visiting Warsaw next month. If you care to organize a lecture, interview, or an event with me there, DM or write to samvaknin@gmail.com

287.

First day with the renowned documentary filmmaker, Marc Vicente and his producer, Scott Altomare.

11 hours of shooting (and another 11 hours tomorrow) for a film about narcissistic abuse.

Second day with the renowned documentary filmmaker, Marc Vicente and his producer, Scott Altomare.

11 hours of shooting (and a third day next year) for a film about narcissistic abuse.

288.

As distinct from Borderlines, narcissists and psychopaths maintain rigid boundaries founded on hypervigilance and paranoid ideation, respectively.

But, as they grow older, many of them are forced into astonishing compromises, terrified as they become of remaining alone, bereft of companionship and succor when they need it the most. They are too depleted to start all over time and again.

I have let all the women in my life be with other men, recognizing the enormous toll and self-sacrifice it takes to be my partner and still heartbroken at their consensual betrayals.

Even so, having cheated on me repeatedly, they had all abandoned me.

I have allowed the men in my life - friends and business associates - build entire prospering careers on ideas they had stolen from me.

Even so, none of them is still around. My promiscuity, trying to bribe them into staying, had been in vain.

Being mentally ill carries an inordinate price tag of self-denial and self-grieving. The enormous compromises required in order to attain the mere rudiments of a connection with others only aggravate the underlying conditions.

Even so, at the end of a life unlived, there is no one around to bid farewell to the mentally afflicted. They die alone and long forgotten.

289.

Tomorrow at 13:30, I will be giving the first public lecture ever about "Nothingness: A Philosophy for Life". Next week on YouTube.

The event is organized by Zoran Vitanov @zoran.vitanov and will be held in Ragusa 360 Rooftop @ragusa360 in Skopje, Macedonia.

Entry is free, subject to a reservation (owing to Covid 19 capacity restrictions).

Last month, the documentary filmmaker Paula Lekuona interviewed me about Nothingness for her forthcoming series of documentaries on various socio-ethical issues.

Nothingness is not about being a nobody and doing nothing.

It is about choosing to be human, not a lobster.

It is about putting firm boundaries between you and the world.

It is about choosing happiness - not dominance.

It is accomplishing from within, not from without.

It is about not letting others regulate your emotions, moods, and thinking.

It is about being an authentic YOU.

290.

Return

Public Intellectual, Private Rants

380.

I become possessive and try to reclaim my cheating partner only when I anticipate abandonment. Otherwise, I am indifferent to her cheating, however indiscreet and ostentatious, and content to be left alone and unencumbered by her demands and expectations, catered to by other men.

I never discard my partner when her only transgression is serial cheating: she is extremely unlikely to forgo my brilliant mind, its insights, and the money it produces just for sex or even for a longer-term lover (fewer than 3% of women do).

Moreover: I do not compete with other men for my women when it comes to sex and love (functions I consider vastly inferior to the intellect and of which anyhow I am incapable owing to my infantile emotional age).

I, therefore, do not experience narcissistic injury or romantic jealousy or even unease when my partner chooses a man to love and to sleep with – no more than I would experience injury if she were to invite a plumber or an electrician or go to a hairdresser or a masseur to take care of her needs. As a service provider, she can do as she pleases in her time off.

I feel injured only when she prefers another man's intellect, knowledge, expertise, and experience to mine in my core competencies (medicine, finance, geopolitics, psychology, etc.)

I emotionally or physically discard my partner only when she challenges or undermines my grandiosity as genius, guru, and father figure either via bargaining (which implies that I am not perfect) or when she replaces me with – and betrays me to - another guru/genius/father figure/trusted friend/savior (which implies that I am not omniscient and unique).

I pre-empt the inevitable abandonment: a partner who had rejected my only offerings and contributions to the couple – my mind, its insights, and my moneymaking brainchildren – and who had found a satisfactory substitute for them is on her way out anyhow.

I realize that my woman is suddenly devaluing my mind only because she is heartbroken and enraged at my indifference which she perceives as rejection and neglect. The relationship is doomed in any case.

381.

Psychoanalysis is now widely considered nothing better than a confabulation, a baseless narrative, a snapshot of Freud's tormented psyche and thwarted 19th century Mitteleuropa middle class prejudices.

Most of the criticism is hurled by mental health professionals and practitioners with large axes to grind. Few, if any, theories in psychology are supported by modern brain research. All therapies and treatment modalities - including medicating one's patients - are still forms of art and magic rather than scientific practices. The very existence of mental illness is in doubt - let alone what constitutes "healing". Psychoanalysis is in bad company all around.

Some criticism is offered by practicing scientists - mainly experimentalists - in the life and exact (physical) sciences. Such diatribes frequently offer a sad glimpse into the critics' own ignorance. They have little idea what makes a theory scientific and they confuse materialism with reductionism or

instrumentalism and correlation with causation.

Few physicists, neuroscientists, biologists, and chemists seem to have plowed through the rich literature on the psychophysical problem. As a result of this obliviousness, they tend to proffer primitive arguments long rendered obsolete by centuries of philosophical debates.

Continued: https://samvak.tripod.com/psychoanalysis.html

382.

Vaccine nationalism is shaping up to be an exclusionary race by richer economies - notably the US, UK, and Canada - to hoard 3-5 times the amount of doses needed to inoculate the entire population, thereby preventing poorer nations from getting their hands on the much needed jabs.

A possible explanation for this irrational, even malevolent misconduct, is that no one knows how many shots would be needed to induce long-lasting immunity. The COVID-19 vaccines may prove to be as fickle as their flu equivalents and require an annual administration of a booster. Better safe in a warehouse than sorry in hindsight.

A less benign and way more sinister conspiratorial rationale is that the West is trying to get a head start in reviving its post-pandemic economies, leaving in the dust and in a state of dependency the likes of Russia and even China by denying them access to the way superior biotechnology, manufacturing, and distribution infrastructure (including cold chain) that go into the vaccines of the West.

383.

Chemical and biological warfare are not an invention of the 20th century.

Solon (638-559 BC) used a strong purgative, the herb hellebore, in the siege of Krissa. During the 6th century BC, the Assyrians poisoned enemy wells with rye ergot. In the Peloponnesian War (431-404 BC), the Spartans flung sulphur and pitch at the Athenians and their allies. In the Middle Ages, besiegers used the bloated and dripping bodies of plague victims as readymade "dirty bombs".

In 1346, during its siege of Kaffa (present day Feodosia in Crimea), the Tartar army suffered an outbreak of the Plague. They hurled the corpses of their infected dead over the city walls and into the city's water wells. The resulting epidemic led to the city's surrender. It is widely believed that people afflicted with the horrendous disease fled the place and started the Black Death pandemic which consumed at least one third of Europe's population within a few years. Russian troops adopted the same tactic against Sweden in 1710.

Smallpox was another favourite. Francisco Pizarro (1476-1541) gave South American natives clothing items deliberately contaminated with the variola virus. During the French and Indian wars in North America (1689-1763), blankets used by smallpox victims were given to American Indians. General Jeffery Amherst (1717-1797) gifted Indians loyal to the French with smallpox-contaminated bedspreads during the French and Indian War of 1754 to 1767. An epidemic broke among the Native American defenders of Fort Carillon and they lost it to the English.

384.

There are three toxic threats to one’s individual freedoms and authentic being: hope, love, and success.

Hope is a counterfactual and delusional reaction to despair and meaninglessness. It fosters expectations that are invariably thwarted. Its companions and successors are depression, frustration,

and aggression. Nothing is more pernicious and insidious than hope.

Love is the pathological attempt to counter existential and profound loneliness via an idealized, largely narcissistic narrative projected onto one's partner. It invariably ends in heartbreak and devastation because it is inherently contrived and because it involves numerous practices which runs counter to the pursuit of liberty and happiness.

Success is society's way of harnessing individual energies and gifts at the service of the collective and its elites. It is slavery in all but name.

The rational, sane person avoids this venomous, identity-eradicating trio. He lives free in the fullest sense of the word: free of the future and its intimations (hope), free of all others (love), and free of any organizing principles (success).

Whenever this Nietzschean Superman is threatened by hope, love, or success - he rebels and recoils and is gone, having left everything and everyone behind as so many discarded shackles.

385.

Nothingness in my philosophy has roots in Buddhism and Neo-Daoism.

NEW CHANNEL Nothingness: Antidote to Narcissism

Nothingness: Antidote to Narcissism Playlist on my main channel.

386.

We used to have an intimate relationship with death, with our inevitable departure from the world. Demise was as much a part of life as birth: we did not exist before we were born and, at some point, we will cease to exist again.

No one wanted to die prematurely - but no one made life itself an extended exercise in evading the inevitable. We ventured gently into the night, grateful for having had the chance and gift of spending some time in this incomparable theme part called "reality".

The great 17th century essayist, Michel de Montaigne, wrote:

"Let us rid death of its strangeness, come to know it, get used to it. Let us have nothing on our minds as often as death. At every moment let us picture it in our imagination in all its aspects ... It is uncertain where death awaits us - let us await it everywhere. Premeditation of death is premeditation of freedom ... He who has learned how to die has unlearned how to be a slave. Knowing how to die frees us from all subjection and constraint."

387.

To see how far we have deteriorated as a civilization, how atomized and alienated we had become, how extinct solidarity and empathy are, here is an excerpt from Daniel Defoe's "Journal of the Plague Year" (a semi-autobiographical narrative of the bubonic plague in 17th century London):

"A near view of death would soon reconcile men of good principles one to another and that (it) is chiefly to our easy situation in life and our putting these things far from us that our breaches are fomented, ill blood continued ... Another plague year would reconcile all these differences, a close conversing with Death or with diseases that threaten Death, would scum off the gall from our tempers, remove the animosities among us and bring us to see with differing eyes".

388.

Subscribe to my new YouTube channel: Nothingness: Antidote to Narcissism

Nothingness is not about being a nobody and doing nothing.

It is about choosing to be human, not a lobster.

It is about putting firm boundaries between you and the world.

It is about choosing happiness - not dominance.

It is accomplishing from within, not from without.

It is about not letting others regulate your emotions, moods, and thinking.

It is about being an authentic YOU.

389.

Download the first chapter here: https://samvak.tripod.com/goldfish.doc

In her algae-ridden aquarium, my goldfish, Fredericka "Freddush" invariably appeared to be happy. She never complained, except when cold or hungry. She circled in the water, fins erect, mouth agape, the better to catch food morsels.

I don't really know if she was happy or not, of course. I don't even know if she was capable of happiness or, if she was, whether her brand of happiness resembled mine, a human's. I can't fully empathize with her without anthropomorphizing her, projecting onto her my inner world. I can't put myself in her shoes, even had she had any.

Still, there is a lot to learn from Freddush when it comes to being content with life and its offerings.

But was my goldfish's life meaningful?

390.

We assume erroneously that some roles are instinctual because, in nature, other species do it, too: parenting and mating come to mind. The discipline of sociobiology encourages us to counterfactually learn from animals about our social functioning.

But humans and their societies are so much more complex that there is little we can evince from lobsters, chimpanzees, or gorillas.

In nature, there is "male" and "female", not "man" and "woman" which are learned and acquired gender roles. There is no "mother" and "father", even among apes - just progenitors.

To fulfill any of these demanding and multifarious human functions, we must be exposed to good enough and working role models in childhood and then practice tirelessly through adulthood, constantly reframing and evolving as demands and expectations change with social mores and the times. Evolution in the human species is no longer predominantly genetic - but social and cultural.

So, many people simply don't know how to act as men or as women, as mothers or as fathers. Here, faking it never makes it.

391.

Islam, Narcissism, and Women are the future (Men are obsolete). Both history and the human reaction to it are constant: narcissism (delusional fantasy) as a defense against the disorientation of a rapidly shifting reality and one's own insignificance. The solution is radical acceptance. Oh, Men are doomed: the future is feminine.

Convo with Karoline Gil.

392.

Biographies of great men invariably start with a physical description of their external appearance: Napoleon's height, Kennedy's youth, or Hitler's piercing eyes.

When I post videos, most of the comments refer to the color of my hair, whether I am handsome or reptilian, and do I look fatigued or rejuvenated.

The primitive circuitry of our brains is focused on mate selection and the propagation of our selfish genes. Looks matter because they convey inordinate amounts of instantly accessible information about our heredity, health, and constitution.

Nor is this preference temporary or limited to sexual, romantic, or intimate affairs.

Studies have shown that people who are physically attractive are employed much more often and earn much more money than their pedestrian, better qualified, competitors.

393.

Maybe.

May it be.

Be it as it may ...

A happier new year to you all.

394.

Jordan Peterson faithfully echoes every single argument Christopher Lasch has made in the 1970s.

The Narcissistic Tide/Epidemic: It is safe to define narcissism as a shift of emphasis from substance and essence to appearance and spectacle (Guy Debord's "Society of the Spectacle"). To do so means to render narcissism an organizing principle of the entirety of our civilization. Even fields which seem immune to the vagaries of the human psyche are subject to narcissism.

The rising tide of narcissism is compensatory: as social institutions crumble, role models are dethroned, gatekeepers are decried and derided, narratives unravel, and communities dissipate, people find themselves in the throes of disintermediated atomization within increasingly anomic societies. Existential loneliness in a senseless universe conflicts with the primordial, atavistic need to be seen. We all struggle to be noticed at any cost to ourselves and to others because the gaze of the Other affirms our very quiddity and survival.

"The new narcissist is haunted not by guilt but by anxiety. He seeks not to inflict his own certainties on others but to find a meaning in life. Liberated from the superstitions of the past, he doubts even the reality of his own existence. Superficially relaxed and tolerant, he finds little use for dogmas of racial and ethnic purity but at the same time forfeits the security of group loyalties and regards everyone as a rival for the favors conferred by a paternalistic state. His sexual attitudes are permissive rather than puritanical, even though his emancipation from ancient taboos brings him no sexual peace. Fiercely competitive in his demand for approval and acclaim, he distrusts competition because he associates it unconsciously with an unbridled urge to destroy. Hence he repudiates the competitive ideologies that flourished at an earlier stage of capitalist development and distrusts even their limited expression in sports and games. He extols cooperation and teamwork while harboring deeply antisocial impulses. He praises respect for rules and regulations in the secret belief that they do not apply to himself. Acquisitive in the sense that his cravings have no limits, he does not accumulate goods and provisions against the future, in the manner of the acquisitive individualist of nineteenth-century political economy, but demands immediate gratification and lives in a state of restless, perpetually unsatisfied desire."

(Christopher Lasch - The Culture of Narcissism: American Life in an age of Diminishing Expectations, 1979)

395.

Every person has an inner text to which s/he compares every information emanating from his/her environment in order to determine what is missing and what had been purposefully omitted.

With the exception of Nietzsche, no other madman has contributed so much to human sanity as has Louis Althusser.

396.

Happiness comes naturally, from the inside.

It is a slow, steady, and safe unfolding, not the ephemeral pyrotechnics of fireworks.

It never depends on anything external.

It cannot be bought - or sold.

It is a state of mind, not a state of affairs.

It is self-love and self-acceptance without the narcissism.

It flowers in the least expected moments, brings to life the moribund, and refreshes the stale.

Happiness is Being AND Nothingness at once.

397.

Nothing is more sad and lonely than having casual sex in order to feel less sad and lonely.

Nothing is more deceitful than brutal honesty: it pretends to offer empathy and succor, but is mere camouflaged sadism.

Nothing is more vainglorious than false modesty and pseudo-humility.

Nothing is more hateful than the ineluctable expiry of love.

Nothing is more wrong than being right all the time.

Nothing is faster than life or slower than dying.

Nothing is more attractive than the self-sufficient, nothing more repellent than the clinging and the needy.

Nothing is more corrupt than conformity and nothing more noble than being oneself.

Nothing is more dignified than honoring others.

Nothing is more hopeful than what we already have.

Nothing is more blind than merely observing and nothing more deaf than merely hearing.

Nothing is more present than the past. Nothing less certain than the future.

No gift is greater than a smile and no harm is more deleterious than rejection.

No risk is grander and no reward more substantial than to live life to its fullest. Only the craven and the foolish extol death or asceticism as bravery or wisdom.

Reality is in our mind alone and what is out there is solely what we make of it.

Go forth to this New Year and make it love you. The way out is your only entrance.

398.

Learn more by reading Habermas, Fukuyama, and Foucault. All justice-seeking movements start with grievances (injustices). They decry and seek to remedy and reverse individual transgression (eg, the narcissistic abuse online movement) or societal and cultural biases (implicit and explicit), discrimination, and suppression.

The victims organize themselves around exclusionary identity politics and intersectionality and this orientation results in grandiosity and entitlement, in other words: in growing narcissism. Increasingly more aggressive, these movements often become psychopathic (defiant and contumacious) and demonize the Other.

Recent studies have revealed a "victim identity (Tendency for Interpersonal Victimhood, TIV) and the fact that many activists have psychopathic traits.

Left-leaning victimhood movements centre around claims on the majority, on social institutions, and on history. Right-wing movements are conspiracy-minded and avoidant, but also more violent. Narcissists and psychopaths gravitate to such movements in order to obtain narcissistic supply, money, power, and sex. They become the public faces and the media darlings on these hapless victims, having hijacked their legitimate complaints and demands.

399.

When confronted about certain social practices, many dredge up examples from primitive societies and ancient cultures to buttress their case: "Promiscuity was the dominant sexual practice among the Tahitians!", they exclaim, "Our sexual exclusivity and monogamy are throwbacks to the dark Victorian age! Why get stuck on such fixations?"

Sociobiologists, ecologists, behaviorist psychologists, ethologists, and environmental activists keep reminding us that the way we act and our choices are "not natural". They legitimize as "only natural" misconduct that is normally and rightly frowned upon: "But chimpanzees and gorillas behave exactly the same way!", they triumphantly proclaim, "Why not revert to Nature? Surely billions of years of evolution can't be wrong!"

This romantic view of the noble savage and idealization of nature are counterfactual. Savages were and are just that: savage. Nature is nasty, brutish, and psychopathic.

We spent our entire history as a species decisively putting behind us our primitive unlamented ancestry, natural and societal. Mindless casual sex and cannibalism are best avoided, for example.

True, we are the custodians of Nature. But Guardians do not emulate (or harm!) their minor charges. We are the adults in the room. We should act as ones. We should preserve what we can, adhere to caution, use the rest. We should not deteriorate and degenerate by mimesis: we should make sure that we never become lobsters or primates.

400.

In the aftermath of every major pandemic in history – the Black Death and Spanish flu included – the world had experienced a long period of unprecedented prosperity and irrational exuberance as efforts to rebuild coincided with a redistribution of wealth. In some cases, income inequality decreased (14th and 15th centuries) – in others, it skyrocketed dramatically (1920s).

COVID-19 is bound to segue into the same magnitude of economic rebound, but it is also likely to induce structural changes. Remote work will overtake work in physical locations, for example. Many tech giants have announced plans to dispense of most of their office space. This will have a huge destabilizing impact on construction and on commercial real estate. Automation and globalization - trends that commenced long before COVID-19 - will be catalyzed by it.

Family formation will languish further as both life expectancy and earning drop off a cliff. Entire industries, originally created to cater to the outsourced needs of families – first and foremost, education - will go into terminal inexorable decline. The only exception will be healthcare.

The pandemic also exposed the stark divide between the dwindling and impoverished, hollowed out middle and working classes and the elite, centred around finance, technology, and retail. The record-breaking ascendance of the stock exchanges reflects this schism between main street and wall street.

The workforce of the future will be comprised of low-income, unskilled, dead end jobs on the one hand and well paying positions that require higher education and continued re-skilling throughout the lifespan.

401.

Interview in Kanal 77 about the shape of things to come after the pandemic.

Announcing my interview on Kanal 77 tomorrow about the shape of things to come, the world after the pandemic.

402.

Judging vs. Understanding (Spinoza)

Chair work:

Think about your identity and your life.

Now apply these answers to yourself, but this time, try to play both parties:

Think of yourself as a victim

And then

Think of yourself as your abuser.

Korsakoff patients, memory, identity, and confabulation in The Man Who Mistook His Wife For a Hat and Other Clinical Tales by Oliver Sacks

Prepare your brain as a fount of meaning in Meet Me at Infinity by James Tiptree, Jr. (Alice Sheldon)

403.

March 2016 interview I gave to American Thinker:

"AW: Is it your considered opinion that Donald Trump would represent a significant danger were he to become president of the United States of America and if so, how?

Vaknin: You just have to look at Trump's business history to extrapolate America's future under a President Trump. Narcissists are unstable and go through repeated cycles of self-destruction (with other people usually paying the heft of the price). Narcissists tend to be divisive, vindictive, confrontational, aggressive, hate-filled, raging, incoherent, judgment-impaired, and irrational. Narcissists are junkies: they are addicted to attention ("Narcissistic Supply") and will go to any extreme to secure it. Narcissists are liars, confabulators, and miserable failures (although some of them, like Trump, are geniuses at disguising the fact that they are, in fact, losers). Is this the kind of person you want in the White House?"

https://www.americanthinker.com/articles/2016/03/donald_trump_and_narcissistic_personality_disorder_an_interview_with_sam_vaknin.html

404.

People are irrational. They often act without rhyme or reason, against their best interests, ignoring the consequences of their actions or inaction, and under a bewildering array of interacting internal and external stimuli too numerous or complex to identify or enumerate.

Overanalyzing is counterproductive. Most people are suggestible, aim to please and to conform, and prone to false memories. It behooves psychology to be way more humble and focus on dispensing good and tried advice on various life issues. It is as much a wannabe science as it is a form of glorified literature and should know its place.

The Japanese call non-grandiose thinking: mono no aware.

Weakness of character is indistinguishable from evil. Weak people cowardly sacrifice moral principles and values, are often highly suggestible, are eager to please and conform at any cost, and unthinkingly follow the mighty and the rich wherever they may lead them.

The main preoccupation of the weak is how to abrogate responsibilities and obligations and surrender their freedom of action and free will to strong men and institutions.

Weakness entails corruption, compromise, deception, and dependence as well as the ability to morph and shapeshift in order to fit in. The weak are amorphous and fuzzy, they cannot be trusted because they have no core or identity. They are easily swayed and end up committing the most appalling transgressions against themselves and others, even their nearest, dearest, and loved ones.

I perceive stupidity as intentional abandonment, a form of aggression.

Stupidity is threat when coupled with conspiracism or narcissism

I cannot accept reality that Mankind is divided to dumb and dumber. This inability is in itself profound stupidity.

How the Stupid Took Over the World

FULL TEXT https://samvak.tripod.com/blog.html

405.

I have only contempt for the brain dead proponents and propagators of lowbrow conspiracy theories. But I must admit that I am bothered by several unprecedented features of this virus:

1. Coronaviruses - especially huge ones, like SARS Cov-2 - mutate very slowly, much more slowly than their influenza cousins, for example.

Yet, this virus had mutated thousands of times already. Twelve of these mutations led to a substantial modifications of its most critical weapon of intrusion and transmissibility: its spike.

These mutations occurred on three continents simultaneously within the space of 3 months.

By comparison: the "Spanish" flu virus garnered only one substantial mutation after 2 years, having infected 1 billion people worldwide. Luckily, the error in replicating reduced its virulence.

Possibly, the COVID-19 virus is mutating so fast because it had been subjected to selective pressure owing to the lockdowns - as I had repeatedly warned it would in March and April last year.

2. The interspecies barrier is formidable and yet this virus hops across species effortlessly: bats, pangolins, humans, cats, tigers, mink, gorillas, dogs - all are welcome to be infected.

3. Animals very rarely infect humans (zoonosis). With this virus, humans - the exclusive carriers - are infecting animals. There isn't even a word to describe such a mode of transmission!

406.

One of the main functions of the shared fantasy is to project to the world a façade of normalcy and equally, to self-delude the narcissist that he is all but normal. It is a form of virtue signalling.

The disintegration of the shared fantasy exposes the narcissist and others to the harsh reality: he is mentally ill and his family or firm are precariously balanced houses of cards.

As humanity is becoming increasingly more grandiose and entitled, puberty is extended well into one's 20s (Twenge and Campbell). Boomerang kids live with their parents and continue their interminable "education" well into their 30s. Marriage, sex, and childbearing are distant memories. Even computers and the Internet reflect these trends: they nanny and discipline us (see my post about

“nanny computing”). Not only do we all refuse to grow up and assume adult chores and responsibilities (Peter Pan Syndrome or Puer Aeternus), but we elect puerile leaders who cater to our pathological needs. Postmodern, post-industrial civilization is one gigantic shared fantasy and the pandemic has, therefore, led to global mortification.

We are reacting to this mortification as all adolescents do: we look for our missing parents. Some deny reality and try to continue with the old normal (“hoover” the various partners – individual and institutional - in our shattered shared fantasy). Others rebel against parental figures and become antisocial: defiant, impulsive, callous, and reckless. But the majority are cowed into unthinking submission, a type of conformity common to adolescents faced with a threat or with the unsavory outcomes of their misconduct.

407.

Passive-aggressive and ornery employees, suppliers, clients, managers, consultants, or bosses are of little value to the firm regardless of their qualifications.

Your value to the enterprise lies not merely in your professional qualifications (training, skills, experience) or input.

Corporate structures are far more interested in your abilities to:

Act as a part of a team and to tolerate inevitable friction, injustice, and inefficiencies

Communicate your concerns in a non-confrontational manner

Place the interest of the enterprise above yours

Inspire positivity in others and motivate them

Get things done without undue disruptions or obstructionism (passive-aggression)

Avoid entitlement

Maintain a realistic view of yourself, your capacities, value to the organization, contributions, both yours and others's (avoid delusional grandiosity).

408.

Generations of malleable Israeli children are brought up on the story of the misnamed Jewish settlement Tel-Hai ("Mount of Life"), Israel's Alamo. There, among the picturesque valleys of the Galilee, a one-armed hero named Joseph Trumpeldor is said to have died, eight decades ago, from an Arab stray bullet, mumbling: "It is good to die for our country." Judaism is dubbed "A Teaching of Life" - but it would seem that the sanctity of life can and does take a back seat to some overriding values.

Past cultures have been obsessed with death and its aftermath. Our culture is equally preoccupied with life. The right to life - at least of human beings - is a rarely questioned fundamental moral principle. In Western cultures, it is assumed to be inalienable and indivisible (i.e., monolithic). Yet, it is neither. Even if we accept the axiomatic - and therefore arbitrary - source of this right, we are still faced with intractable dilemmas. All said, the right to life may be nothing more than a cultural construct, dependent on social mores, historical contexts, and exegetic systems.

Rights - whether moral or legal - impose obligations or duties on third parties towards the right-holder. One has a right AGAINST other people and thus can prescribe to them certain obligatory behaviours and proscribe certain acts or omissions. Rights and duties are two sides of the same Janus-like ethical coin.

This duality confuses people. They often erroneously identify rights with their attendant duties or obligations, with the morally decent, or even with the morally permissible. One's rights inform other people how they MUST behave towards one - not how they SHOULD or OUGHT to act morally. Moral behaviour is not dependent on the existence of a right. Obligations are.

409.

Two neologisms: nonsesphere and egosystem. The latter enables the former which, in turn, inflates the latter. A match made in heaven.

The nonsensphere or nonsenspace is the assemblage of disintermediated digital publishing platforms. It is haunted by dimwits, ignoramuses, whackos, and the con artist dilettantes and charlatans who cash in on the brain dead masses, laughing all the way to the nearest bank. It is a compendium of inanity, insanity, and malice, fueled by illiteracy and absent even the vestiges of critical thinking.

The main rule - nay, the ONLY rule - of the nonsensphere or nonsenspace is: “tell them what they want to hear”. Braying with self-aggrandizing delight, the denizens of this netherworld turn sadistically vicious at the slightest hint of disagreement or criticism: they are, after all, perfection reified.

This is the egosystem ecosystem: the dull lead the dumb, the damaged fix the broken, the unschooled preach sagely, the demented set the standards, criminals moralize, and psychopaths erupt in ostentatious saintly empathy and offer succor to the suffering multitudes (for a fee, of course). Reality, truth, and expertise are both derided and decried as anathemas.

We are doomed. If anyone has had any doubt of this prognosis, Nature sent us a compact emissary to confirm it. We have constructed technologies and nurtured institutions which elevate the most stupid, the delusional, and the most malign or avaricious - and suppress the most gifted and farsighted. No species can survive such choices. Nor will we.

410.

Accurate, timely information regarding the COVID-19 pandemic has been slow to come. Web pages - even institutional ones - remained outdated, pull only, jumbles of text; apps were a debacle and spurned by users. Fake news, misinformation, and conspiracy theories created an infodemic.

The only solution is wiki and other crowdsourcing technologies. Citizens can provide real-time medical and other information to be curated by volunteering medical doctors.

Available here: http://www.youtube.com/vakninmusings

411.

Interview to Nova Makedonija

The pandemic has merely accelerated the decline of the USA and the rise of the historically dominant Eurasian landmass (Russia and its newfound ally, contiguous China).

Russia is providing weapons not only to Serbia, but to NATO allies like Turkey. It had cast itself as an important diplomatic force in the Middle East (not only in Syria, but even with Israel). It is now

emerging as technological and scientific power both for good (vaccines) and bad (hacking).

China is now pivoting from a strictly economic superpower to a military one. It is purchasing critical infrastructure in Greece, Africa, and Latin America. Its soft power has surpassed the USA's in terms of lending to sovereigns, online social media; payments, and retail; and propaganda. Its GDP is nearly the same as the USA's and the EU's.

As a tiny polity, North Macedonia cannot afford to surf the wrong geopolitical wave. It must strike a neutral stance between East and West, even if it means that it has to postpone its EU aspirations. It should adopt the Swiss model and welcome everyone. It should redirect itself and embrace industries which do not render it dependent on either superpower: services, green agriculture, medical tourism, offshore banking, coding and backoffice operations, etc.

Article by Aleksandar Srbinovski in today's Nova Makedonia, quoting from my statement: "Macedonia cannot afford to surf the wrong geopolitical wave".

412.

Sartre: Relationships can never work, they will always end up being inauthentic, deceptive, and fantastic-delusional.

Sartre: Consciousness has the capacity for nothingness which gives rise to freedom, choices, decisions, responsibility, authenticity, and, ultimately, self-identity. Being requires the involvement of the world, its objects, and rigid roles. It leads to dissonant and conflictive "bad faith" projects and inauthenticity.

413.

The pandemic elicited two types of responses, among both individuals and collectives: (1) grief-related and (2) narcissistic defenses.

Separately, coronaphobia is neologism which encompasses extreme anxiety and phobia reactions to the coronavirus. It is defined as "an excessive triggered response of fear of contracting the virus causing COVID-19 leading to accompanied excessive concern over physiological symptoms, significant stress about personal and occupational loss, increased reassurance and safety seeking behaviors, and avoidance of public places and situations, causing marked impairment in daily life functioning." Narcissists – especially somatic ones – are far more likely to experience Generalized Anxiety Disorders than the general population.

GRIEF

Swiss-American psychiatrist Elisabeth Kübler-Ross suggested a five stage model of grieving in her 1969 book *On Death and Dying*. It was actually inspired by her work with terminally ill patients

Similar models were proposed earlier by Erich Lindemann, Collin Murray Parkes, and John Bowlby.

1. Denial: the virus does not exist, the diagnosis or mechanism of action are wrong, the statistics are skewed, it will go away soon, it is not as serious as it is made out to be.
2. Anger: as the disease persists, denial becomes impossible. Frustration sets in and becomes aggression (Dullard, 1939) directed at others and at institutions and authority figures. "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?"; "Why would this happen?". Claims of mistreatment, erroneous guidance, inefficiency, and discrimination mount.

3. Bargaining: attempt to mitigate the grief by avoiding its cause: changes in lifestyle and various compromises (masks, social distancing) are offered as sacrifices intended to secure health or an extension of life expectancy. Religiosity, conspiracy theories, some forms of environmentalism, belief in occult or esoteric practices, placebos – are all variants of rampant magical thinking. "If I could trade my life for his or hers" is also bargaining.
4. Depression: capitulation in the face of overwhelming odds, learned helplessness, and hopelessness owing to all-pervasive and extreme uncertainty. People say: "I'm so sad, why bother with anything?"; "I'm going to die soon, so what's the point?"; "I miss my loved one; why go on?" “I can’t continue to live like that for much longer”. During the fourth stage, the individual despairs at the recognition of their mortality. Body language and affect regulations are impacted and mood lability sometimes sets in. The affected suspend communication and become schizoid, avoiding all contacts and interactions with the world and sinking into anhedonic inactivity.
5. Acceptance: finally, people become habituated to the natural or manmade disaster as an inevitable part of the new normal. Life goes on, time heals all wounds, better give up the fight. A new narrative accommodates and incorporates the hitherto unthinkable and gives rise to tender tendrils of hope, inner peace, and restored emotional regulation.

NARCISSISTIC DEFENSES

When narcissists fall victim to chronic or acute diseases, or survive a traffic accident, they react in either of four typical ways, depending on the type of narcissist:

1. The schizotypal reaction: the belief that the narcissist's predicament is a part of a larger, cosmic plan, or of a blueprint that governs the narcissist's life and inexorably leads him to greatness and to the fulfillment of a mission.

2. Narcissistic rage intended to allay feelings of helplessness, loss of control, and impotence and to re-establish the narcissist's omnipotent, grandiose self.

This is frequently followed by a schizoid phase (withdrawal) and then by a manic spurt of activity, seeking narcissistic supply (attention).

3. The paranoid reaction: the narcissist deludes himself that the accident was no accident, someone is out to get him, etc. The narcissist casts himself in the role of a victim, usually in the framework of some grand design or conspiracy, or as the outcome of "fate" (again, a schizotypal element).

4. The masochistic reaction: in the wake of the illness or accident, the narcissist's constant anxiety is alleviated and he is relieved, having been "punished" properly for his inherent "evilness" and decadence.

Narcissists hate weak (sick) people and hate it even more when their source of narcissistic supply ceases to function properly. Most of them just move on: they abandon the sick spouse and find another, healthier one. Some of them play the role of martyrs, victims, selfless saints and thus garner narcissistic supply as they "treat" their bedridden spouse.

The permanently disabled narcissists adopt one or more of three strategies:

1. Exaggerated helplessness which justifies emotional blackmail and the kind of insidious dependence that cripples his caregivers;

2. Control freakery in a frenzied attempt to reassert his grandiose sense of omnipotence now gravely challenged by his invalidity;

3. Sadism which renders his victim as helpless as he is and as frustrated as he feels and, thus, “levels the playing field” and normalizes his disability ("everyone is helpless and frustrated so there is nothing really wrong with me, I am, after all, still perfect.")

414.

All the philosophical systems and the religions of the world can be distilled into three options:

1. The psychotic school: magical thinking and misperceiving internal objects (such as “god”) as external;

2. The narcissistic school: entitlement, rights, obligations, and hubris, mistaking external objects and symbols (such as the “nation” or a love object) as internal; and

3. The schizoid school: withdrawing from the world and shunning reality altogether (“nothingness” and “authenticity”).

At any given period of history, one of these schools is on the ascendant and the other two are on the defensive. In our postmodern world, narcissism carried the day.

415.

A whopping one third of the news coverage of PBS Newshour is now dedicated to African-American affairs. Such force feeding only serves to enhance racism rather than mitigate it.

Moreover, the reports are exercises in virtue signalling, replete with inaccessible jargon intended to convey solidarity and group affiliation.

Obtuse, arcane, and hermetic verbosity is clubbish, snobbish, and, ultimately self-defeating, a form of passive-aggressive contempt for all outsiders.

Pyrotechnic speech acts are exclusionary, much like secret handshakes or fraternity insignia.

As echo chambers and silos of the like minded proliferate both online and off, such impenetrable discourse is coming to characterize both private and public speech. It is nothing short of the breakdown of language itself and the inhibition of any meaningful communication.

416.

I find the human mind fascinating even as I consider the overwhelming vast majority of people intolerably boring. Women are exceptionally and excruciatingly dull, constricted as they were by millennia of domestic slavery. Even guaranteed sex rarely induces me to endure an hour with a woman's inconsequential banter. Men are only infinitesimally and marginally more interesting.

How to reconcile this glaring contradiction? People possess minds and if I find the mind captivating, surely I should find its container equally appealing!

The problem is language.

Language is defense and a barrier against hurtful self-awareness, honest self-disclosure, and

dangerous exposure of vulnerabilities. Rather than facilitate, it prevents access to the mind, firewalls it. We all put on masks and are personas when we interact with others.

417.

For millennia, politicians had represented the interest of the elites: they managed the bureaucracies which were required to ensure the smooth running of polities and economies.

Then, starting with the French Revolution, as empires and monarchies crumbled, the masses started to assert their power as they formed chaotic ochlocracies and executed hapless members of the erstwhile aristocracies.

Alarmed, the elites responded by introducing democracy and nation-stares (nationalism): part sham and part an effort to structure surging mobs and control them.

It backfired. The great unwashed leveraged democracy and disintermediating, empowering technologies to stage populist coups and take over the levers of states and establishments.

418.

These are chaotic confusing times and we are all baffled puzzled worried a trifle paranoid wary cautious self-isolating long before social distancing we all reach out and retreat approach avoidance because the world had become an enigma wrapped in a puzzle embedded in a mystery. We no longer feel at home.

I will try to introduce order and meaning into the world as it is today by studying the way the world had always been, the immutable patterns rules that govern it now and always had, for millennia.

419.

Risk transfer is the gist of modern economies. Citizens pay taxes to ever expanding governments in return for a variety of "safety nets" and state-sponsored insurance schemes. Taxes can, therefore, be safely described as insurance premiums paid by the citizenry. Firms extract from consumers a markup above their costs to compensate them for their business risks.

Profits can be easily cast as the premiums a firm charges for the risks it assumes on behalf of its customers - i.e., risk transfer charges. Depositors charge banks and lenders charge borrowers interest, partly to compensate for the hazards of lending - such as the default risk. Shareholders expect above "normal" - that is, risk-free - returns on their investments in stocks. These are supposed to offset trading liquidity, issuer insolvency, and market volatility risks.

In his recent book, "When all Else Fails: Government as the Ultimate Risk Manager", David Moss, an associate professor at Harvard Business School, argues that the all-pervasiveness of modern governments is an outcome of their unique ability to reallocate and manage risk.

He analyzes hundreds of examples - from bankruptcy law to income security, from flood mitigation to national defense, and from consumer protection to deposit insurance. The limited liability company shifted risk from shareholders to creditors. Product liability laws shifted risk from consumers to producers.

Continued here: https://samvak.tripod.com/pp147.html

420.

Failure of enlightenment project

Malignant individualism (no religion, no institutions, no social networks, self-sufficiency, no objective benchmarks, disintermediation, no gatekeepers, no institutional memory◊timelessness)

Malignant egalitarianism/grandiosity (no role models, access to technology, destructive envy,

Malignant tolerance (moral relativism, political correctness, truthiness)

Malignant reasoning (ideas and concepts over people, interdisciplinarity and pseudosciences, technology not science, technology not civilization, information not knowledge or education)

421.

A series of earth-shattering social, economic, and technological trends converged to render their jobs loathsome to many - a tedious nuisance best avoided.

Text here: http://samvak.tripod.com/workethic.html

422.

The surprisingly efficient and safe vaccines against SARS CoV2, the virus that causes COVID-19, are NOT going to restore life to normal: not in a year, not in 2 or 3 years. Forget about your previous lives, they are gone for at least this decade.

In the next few years, we will still have to wear masks and socially distance. International travel and indoor activities will be curbed and limited to people who had been vaccinated or who had survived the disease.

Deaths and hospitalizations will decline dramatically in a few lucky and wealthy countries and the burden on their stretched healthcare systems will ameliorate. But that's it.

Why this gloomy outlook?

Because it will take upwards of 3-5 years to vaccinate 70% of humanity, the minimal threshold for herd immunity. As long as the vast majority of humanity are susceptible - everyone, everywhere is at risk.

This is the first fast mutating Coronavirus. Variants will emerge among the non-vaccinated and make their way everywhere. Most of these mutations will be harmless or even detrimental to the virus. Some will coalesce and recombine with other viruses to create new pathogens, less vulnerable to the current crop of vaccines. We will all need annual booster shots.

Yet, owing to vaccine nationalism and the insatiable avarice of Pharma, less than 3% of the global population have been partly vaccinated (first shot of two) in the past 3 months. At this rate, it will take 5 years to reach planetwide protection.

423.

There are two paths to self-destruction: doing too much and not doing anything. Extremes of behavior and addictions are signs of underlying mental health issues.

Compulsive sex with strangers is as pathological and self-defeating as avoiding sex altogether, for example.

The same goes for any human activity: workaholism vs. slacking, alcoholism vs. having a drink, itinerancy vs. travelling, overeating vs. savoring food.

424.

The problem of digital discoverability has become unmanageable: it is utterly impossible to find quality content (texts, videos, books) because of the tsunamis of user-generated junk and trash that drown scholarly, informed, and measured voices.

As people retreat to preferred and exclusive sources of information, dialog, critical thinking, and intellectual cross-fertilization have all but gone extinct.

The search algorithms of the likes of Google and its subsidiary YouTube are driven by the popularity of the content, not by its quality. Hits and likes are quantifiable, profundity is not measurable, at least not as easily: it is fuzzy and ambiguous.

This mathematical constraint leads to the dominance of the lowest and most indolently accessible common denominator.

It also drives ad revenues as more eyeballs are monetized. So, there is every incentive to dumb down ever more. Even crowdsourced outlets such as Wikipedia have declined precipitously in recent years as they are deemed too literate and too complicated by the teeming, illiterate masses.

425.

I am not a religious man, but “god” is a useful metaphor and the scriptures contain untold wisdom.

God speaks through time, space, silence, and being ("I shall be what I shall be" - BECOMING).

Just stop acting for a while, sit still for a minute for a minute, contemplate
Monks go to mountaintops.

Big religious figures (Moses, Jesus, Muhammad) when they sought self-transformation did not ACT, they went to the desert, to not be distracted by the city, waited, the bush burned for Moses, Jesus bested the devil, Gabriel spoke in the cave to Muhammad.

Could cope, think, change, listen to god.

In the desert, even if you want to, you cannot act, you are forced, finally to listen to God and to yourself.

Create a mental desert around you, close your eyes, no social media, no news, and wait for the voice of god, your inner god maybe, wait for the voice, don’t drown the voice in action, see who talk to you and what it says.

You are not listening. Religion is dialog – not monolog – with god. You are just talking, never listening. You are too busy being religious, being you.

Passive (supplication, Islam) good submission to allow word of god to flow through you, become a vessel (Kabbalah), empty yourself, not full (if you are full it cannot flow through you).

Do not demand reciprocal action from god.

426.

We feel justified to involuntarily commit someone to a mental institution if he is a danger to himself or to others. Suicidal ideation and attempted suicide are grounds for such drastic curtailing of individual freedoms either by concerned family members or psychiatrists.

But many people commit "suicide by lifestyle": they smoke, do drugs, and drink heavily, they engage in dangerously reckless behaviors, or they assume life-threatening risks. Yet, in these cases, we just sit back and watch the ineluctable train wreck unfold.

It seems that we are more comfortable with incremental, imperceptible dying than with the obvious, in your face, defiant sort that is harder to sweep under the societal carpet of hypocrisy.

427.

At some point, even the most loving, dedicated, and caring parents can give up on a self-destructive or mentally ill child whose grandiosity prevents him or her from seeking help and renders them resistant to learning and to life's lessons.

The parent grieves over the child and mentally inters it: she becomes entirely indifferent to the child's whereabouts, comings and goings, and exploits.

Such children are contemptuously defiant, aggressively contumacious, passive-aggressive, and hopeless. They are hellbent on dysfunctionality in all its forms and emotionally invested in self-defeat and egregious self-trashing.

The only attachment these wayward offspring have is to predators and agents of ruination, such as weapons, alcohol, or drugs. They bond - and often engage in precocious sex - solely with other, like-minded misfits and criminals of all age groups.

The parent is ultimately forced to make a painful choice: sacrifice her life in vain - or let go of the bad apple that is rotting the rest of the family and jeopardizing the parent's own mental health and wellbeing.

428.

Two much neglected issues in applied ethics involve agency and self-efficacy.

If a person drinks heavily and then engages in promiscuous and reckless sex it is not because the drink made her do it. She drank in order to misbehave: she sought the adrenaline rush and she imbibed so as to disinhibit herself and remove the obstacles on the way to gratification and wish fulfillment.

So, we should distinguish between coercion, volition, and inhibition. Disinhibited people make free choices on everything from suicide to sex.

Second conundrum: that someone gives enthusiastic consent doesn't make the act right. It is not right to have sex with a consenting teenager or with an intoxicated person. It is equally wrong to breach medical or legal confidentiality even when the client allows it.

Values are independent of the people who uphold them. It is this transcendence that endows them with validity and moral power.

429.

Feminism took a wrong, militant turn in the 1960s as it transitioned from justified demands for equality to misandry, the undermining of all social institutions (patriarchal or not), and the usurpation of gender roles (unigender, which led to gender vertigo).

These disturbing orientations were exacerbated by intersectional victimhood movements and their agendas.

Every disagreement, argument, conflict, and form of critical thinking were cast as abusive. Women and men began to resent, vilify, label - even hate - each other. This culminated in misogynistic movements such as incels and MGTOW.

Divorce heralded the greatest transfer of wealth in human history - from men to women. The academic attainments of women exceed men's and have led to the replacement of the latter by the former in many middle-class professions.

So, now men refuse to marry and sire children. Given unlimited access to sex and unfavorable matrimonial legislation, men are left with no incentive to commit or invest in relationships.

Women and men pine for each other, cocooned in bachelor pads - but, it is way too late: the schism won't heal and is only getting worse as people under age 25 date 56% less and lead almost celibate lifestyles.

430.

Anxiety is about a future outcome (catastrophizing). The future does not exist. It is imaginary. Like the Monster Under the Bed.

Anxiety is about CONTROL.

Control is a delusion. We control very little.

Least of all ourselves.

Let it go. Que sera sera.

One minute at a time.

431.

Some people can't stand silence during conversation. They fill the void with an endless stream of verbiage. Why this anxiety reaction?

Intuitively, we - often counterfactually - interpret the silence of an interlocutor as ominous: it is perceived as denoting disapproval, disagreement, implied criticism, or even hostility. It may provoke paranoid ideation. The sound of one's voice has an anxiolytic effect.

Protracted silence also challenges our ability to idealize our conversation partners: "Does he have nothing to say? Is she stupid?" To avoid and allay such ego dystonic thoughts, we talk aloud, drowning the incipient devaluation in an avalanche of speech.

432.

Actions speak louder than words. Only partly true.

An action can be interpreted - and misinterpreted - in multiple ways.

Words are less equivocal but often intended to manipulate, conceal, deny, obscure, deflect, or deceive.

So, you are liable to misconstrue actions and you cannot trust words.

What's left?

Ask yourself: WHY did that person choose these words and not others, what were they signaling - and how do the words they had chosen to utter correlate with their actions.

433.

Would you want to be young again? If youth only knew if age only could. I know and can – but no longer want to. Every generation disses the next one, but this time is different: young lack basics present throughout human history.

World homogenized and hegemonized – so no exceptions or enclaves, reservoirs of change.

Young have only casual drunk sex with strangers, rarely relational sex (relationships are sexless).

Lack skills for intimacy, relationships, family (even transactional).

Hard data: functional illiteracy (Wikipedia), binge drinking (Seaman).

Stalled revolution: women became masculine and narcissistic, even psychopathic (language, drinking, adultery, casual sex: number of partners).

Narcissism and psychopathy: the twin pandemics.

434.

Easter once again

It is Easter in Christian Orthodox and Pravoslav countries. Why the discrepancy with all other denominations?

Pope Gregory XIII decided - in his tenth year in office - to drop 3 leap years every 400 years by specifying that any year whose number ended with 00 must also be evenly divisible by 400 in order to have a 29-day February.

This would have the effect of bringing the Julian calendar closer to the natural length of the solar year - though an error of 26 seconds per year would still remain.

To calibrate the Julian calendar with the Gregorian one and to move the Spring Equinox back to March 21, 10 days were dropped from the civil calendar in October 1582. Thursday, October 4 was followed by Friday, October 15. People rioted in the streets throughout Europe, convinced that they have been robbed of 10 days.

But this was merely a convenient fiction. The Spring Equinox in the Gregorian calendar was, indeed, celebrated on March 21 in perpetuity. But, according to the Julian calendar, in the 17th century it arrived on March 11th, in the 18th century on March 10th, in the 19th century on March 9th, and in the 20th century on March 8th - 13 days earlier that even the erroneous date adopted by the Nicea Council.

The Gregorian calendar was controversial in Protestant countries. Britain and its colonies adopted it only in 1752. They had to drop 11 days from the civil calendar and move the official new year from March 25 to January 1. For centuries, dates followed by OS ("Old Style") were according to the Julian calendar and dates followed by NS ("New Style") according to the Gregorian one. Sweden adopted

the Gregorian Calendar in 1753, Japan in 1873, Egypt in 1875, Eastern Europe between 1912 to 1919 and Turkey in 1927. In Russia it was decreed by the (bourgeois) revolutionaries that thirteen days would be omitted from the calendar, the day following January 31, 1918 becoming February 14, 1918.

It was Pope Pius X who, in 1910, changed the beginning of the ecclesiastical year from Christmas Day to January 1, effective from 1911 onwards.

435.

To get drunk is always a CHOICE.

What happens after you get drunk rarely is.

436.

I used to be a professional gambler. Even authored a popular guide to casinos and gambling (book cover in the photo).

The losers always complained that they were dealt bad hands.

The pros knew that there is no such thing as a bad hand - only a bad player.

The CARDS you are dealt are pure CHANCE.

How you play your cards - is NOT.

And this applies to everything in life, not only gambling.

437.

Social media are imbued with several pathological features:

1. The ubiquitous use of euphemisms: not social but atomizing; not friends but strangers; not news but conspiracy theories.

The use of euphemisms is an indicator of social anomie: an attempt to mask immoral, reckless, or non-normative behavior. Recall the rash of euphemism when the Nazis orchestrated the Holocaust.

2. Narcissism: selfies, likes, retweets are all forms of thinly disguised narcissistic supply intended to regulate the user's sense of self-worth.

3. Aggression on social media is structurally rewarded because it garners more eyeballs to be monetized. Speech is restricted and body language is scarce and these two deficiencies incentivize the escalation of posturing.

The inevitable formation of echo chambers and thought silos founded on confirmation bias of the like-minded only serves to amplify these tendencies.

4. Relative positioning based on competitive and rivalrous envy is at the core of the architecture of social media.

438.

Shockingly, no law or custom provides any protection against idearism: the plagiarism of IDEAS.

The precise arrangement of words is safeguarded by copyrights. Designs and brandnames, trademarks and logos, inventions and technologies, even business processes are all shielded from theft and criminal exploitation or piracy.

But, oddly and counterintuitively, intellectual property legislation assiduously neglects to offer any succor and remedy to novel thinking.

439.

Our modern world traumatizes us structurally and environmentally. It also breeds narcissists and psychopaths who traumatize us even further. Is there a way out of this vicious circle?

Short, edited version available in EyeONDV YouTube channel.

440.

My good friend, Dr. Claudia Riecken @claudiariecken has just posted another video of mine, translated into Portuguese:

https://escoladasgalaxias.quantumhouse.com/vdeos-exclusivos/9

3 years ago, her outfit, Quantum House, generously hosted the second Cold Therapy certification seminar in Sao Paulo.

441.

Changing one's attitudes has little effect on changing one's behaviors.

But changing one's behaviors profoundly and irreversibly affects one's attitudes.

We are transformed almost exclusively through experiencing - not via education, re-education, emulation, or imitation.

This counterintuitive fact is supported by literally all the research out there.

442.

Social media and the devices that they run on are designed to be addictive, as many industry executives have confessed. Addiction is always punctuated by periods of withdrawal and its "cold turkey" excruciating symptoms. The correlation between all manner of addictions and suicide, or lesser self-destructive and reckless acts is well documented.

College freshmen are "overwhelmed" more than ever (41% in 2016 compared to 18% in 1985). But teens also experience performance anxiety when on social media. This is because these are competitive ecosystems where one's social ranking is objectively determined by quantitative yardsticks, such as the number of "likes" or "friends" – and also publicly available, for all to see and opine on. Diagnosed anxiety among teens shot up 20% since 2007 and one sixth of all case are classified as "severe". Peer pressure is ego-dystonic and is often expressed as bullying or mobbing or in other forms of aggression (such as black humor or brutal honesty). Such a toxic environment engenders a lot of destructive envy as well.

Studies show that teens nowadays are more insecure than in previous generations. They are especially concerned about their economic future. They are asocial: they prefer surfing to socializing with friends their age. Both dating and sexual activities have declined by more than 50% since 1985.

Today's teens are not used to privacy and, therefore, to intimacy. They are itinerant, peripatetic, and mature slowly (they are 3 years behind on every scale of personal development). Medically, contemporary teens are obese and have body image problems. Many more of them are on mind altering medication or drugs. These are all hallmarks of pathological narcissism. Twenge discovered that MMPI scores evince a fivefold increase in psychopathology in 2007 compared to 1938. Anxiety and depression have shot up sixfold.

Social media is amenable to mass hysteria, shared psychotic disorders (now no longer a diagnosis in the DSM 5), and the emergence of cults, including nihilistic cults, suicide cults, and death cults (such as ISIS which is a child of social media). This Proclivity is aided and abetted by two attendant phenomena: (1) Catastrophising: an end of days presentiment which is enhanced by (2) Unmooring: the profusion of fake news, truthiness, reality TV, and the narcissistic tide of anti-expertise and anti-intellectualism).

Studies are unequivocal: beyond a certain level, more screen time leads to reduced levels of happiness, life satisfaction, and self-esteem and to increased manifestations of anxiety and depression. All other off-screen activities had the opposite effects: sports, interpersonal interactions, religious services, consuming legacy print and electronic media, and doing homework.

Social media reflect our values: we prefer efficiency to quality or quiddity. Ours is a quantitative world. But some things do not lend themselves to speed or quantity: family life, romance, or friendships, for example. Modern technology was invented by schizoids: asocial, asexual, somewhat autistic recluses. Businessmen then took over from the engineers and stripped the outcome of anything that stood in the way of monetizing the maximum number of eyeballs. The result is a psychogenic chimera.

The ever-diminishing size of screens (from the cinema screen to the smartwatch) tracked the atomization of our ever more anomic and narcissistic societies. In his book "Suicide", Emile Durkheim predicted that suicide rates in anomic societies will tend to increase. Since 2010, suicide among teens skyrocketed by 31% and became the leading cause of death among people younger than 24.

Sources

Journal of Development and Behavioral Pediatrics (National Survey of Children's Health)

Higher Education Research Institute, UCLA

Emotion, January 2018 (Twenge, Martin, and Campbell)

443.

Choose reality over fantasy every single time.

Choose life, never death.

Objects are dead fantasies.

When you objectify people and use them, you render them inanimate, morbid: in sex, as service providers, as functions, or two dimensional props.

They, in turn, do the same to you.

You are turning the world into a graveyard of human husks.

When you humanize objects, you misattribute to them life and importance.

You are turning the world into a warehouse of the inert and the soulless.

444.

We cannot fix the past. We can only learn from it and change the present and the future.

445.

Information, Knowledge, Cunning (street smarts), and Wisdom are four different things.

With the collapse in academic standards worldwide, everyone and his dog ended up having a conferred degree, often while possessing only minimal verbal and analytical skills.

These pseudo-educated folks had been exposed to the raw materials (information) and the semi-finished products (theories and ideas), but rarely to the finished product (knowledge).

Similarly, deprived of access to their emotions and bereft of intimacy skills, some people are street smart and cunning (short-term, goal-oriented tactical thinking) - but excruciatingly and self-defeatingly unwise (long-term, consequentialist strategizing).

So, while the “new humans” are autonomous, agentic, or even defiant - they are rarely self-efficacious.

446.

Roles of good enough mother: 1. Expose the child to risks (hygiene hypothesis); 2. Push the child away; 3. Mediate reality (organize and interpret it).

When is a mother a good (enough) mother? According to Winnicott, when she gradually and increasingly frustrates her child. These cumulative denials of the child's wishes and negations of his delusional and fantastic magical thinking are crucial to his emerging perception of an external world and his unimpaired reality test.

The good mother encourages the child's separation from her and its individuation via the formation of inviolable and respected personal boundaries. She does not sacrifice her autonomy and identity and does not fuse or merge with her child or treat it as her extension.

The good mother acknowledges her own moments of exasperation and depression. She does neither idealize nor devalue herself or the child. She harbors realistic expectations of the budding relationship and reacts proportionately. She has no mood swings and is not labile. She is stable, firm but not harsh, just and predictable but never dull. She encourages her offspring's curiosity even as she indulges her own.

The narcissistic mother is a control freak and does not easily relinquish good and reliable sources of "narcissistic supply" (admiration, adulation, attention of any kind). It is the role of her children to replenish this supply, the children owe it to her. To make sure that the child does not develop boundaries, and does not become independent, or autonomous, the narcissistic parent micromanages the child's life and encourages dependent and infantile behaviors in her offspring.

Such a parent bribes the child (by offering free lodging or financial support or "help" with daily tasks) or emotionally blackmails the child (by constantly demanding help and imposing chores, claiming to

be ill or disabled) or even threatens the child (for instance: to disinherit her if she does not comply with the parent's wishes).

The narcissistic mother also does her best to scare away anyone who may upset this symbiotic relationship or otherwise threaten the delicate, unspoken contract. She sabotages any budding relationship her child develops with lies, deceit, and scorn.

To ameliorate the unease bred by this emotional ambivalence, the narcissistic parent resorts to a myriad of control mechanisms. These can be grouped into: guilt-driven ("I sacrificed my life for you"), codependent ("I need you, I cannot cope without you"), goal-driven ("We have a common goal which we can and must achieve"), shared psychosis or emotional incest ("You and I are united against the whole world, or at least against your monstrous, no-good father ...", "You are my one and only true love and passion") and explicit ("If you do not adhere to my principles, beliefs, ideology, religion, values, if you do not obey my instructions, I will punish you").

As Lidija Rangelovska observed, the narcissistic parent often regards himself or herself as a martyr and uses her/his alleged “suffering” as a currency, a mode of communication, an explanatory and organizing principle, which endows the lives of the parent and of his nearest and dearest with meaning, direction, message, and mission. Being introduced into the narcissist’s drama is a privilege, an honor, an initiation, and the true hallmark of intimacy.

The guilt trip induced by the narcissistic parent is not time-limited because it is not linked to a specific action of the “perpetrator”; it is intended to elicit never-ending “compensation”; and is not designed to bring on a restoration of the relationship, or a rehabilitation of the “offender.” It is a tool of control and an instrument of manipulation: the “culprit” is meant to feel guilty for merely existing and for as long as s/he exists.

This exercise of control helps to sustain the illusion that the child is a part of the narcissist. But maintaining the illusion calls for extraordinary levels of control (on the part of the parent) and obedience (on the part of the child). The relationship is typically symbiotic and emotionally turbulent.

447.

Money is, thus, a unit of information and a conveyor or conduit of the price signal - as well as a store of value and a means of exchange.

But the problem with money is that our current economic system, an oligarchy in all but name, renders it a skewed signal: lucre tends to accrue in the hands of few who then hoard it and demonetize the economy.

Beyond a certain point, income and wealth inequalities are systemic failures which disincentivizes economic activity.

448.

About a decade ago, Dr. Bujar Osmani, then Minister of Health (currently the Minister of Foreign Affairs) established a Steering Committee for the Reform of Healthcare in the Republic of Macedonia. I was its member and originator.

It was a revolutionary process which involved hundreds of medical doctors, NGOs, academics, political figures, and the media. The entire population of Macedonia got involved through a series of townhall meeting across the country.

The European Centre for Disease Prevention and Control (ECDC) and the WHO issued this interim

report and later copied the process in other developing countries:

https://www.ecdc.europa.eu/sites/portal/files/media/en/publications/Publications/1001_MIR_Public_consultation_advancement_health_system_FYROM.pdf

449.

I wrote a short story about one of Israel's leading intellectuals, my erstwhile friend, Avshalom Elitzur (pictured, see his Wikipedia entry).

Avshalom Elitzur made these poignant comments on my story:

"Shmuel Vaknin is a tragedy. His book, "Requesting my Loved One" recounts his life with piercing candor: a man with an enormous promise who succumbed to the forces of destruction within him.

Shmuel Vaknin was a soldier in active duty that made his appearance in (Prof. Shlomo Giora) Shoham's coterie.

His intellect and scientific knowledge stunned us all. Compared to him I felt like an idiot.

We befriended each other for a while and then he went abroad. He had first gone into business, got mixed up in shady stuff, returned to Israel, again got mixed up and was sent to prison, travelled again, became an economist, intermediary, advisor to the Slovenian government and the devil knows what else, and hasn't been back since.

Among all his occupations, he published a collection of stories about his life, "Requesting My Loved One", which won considerable acclaim and success.

In his Internet website, I found a few additional stories which are no less thrilling, among them "Elitzur Washes Test Tubes".

In it, with cruel and piercing honesty, he tells of a meeting we had and how he chose a life path diametrically opposed to mine, in other words: (how he chose) to get rich quick. The way he describes me is not complimentary, to use an understatement, but it is suffused with understanding and compassion.

On his Website, there are additional, hitherto unpublished stories, among which is the tale of an encounter between us, many years ago. His description of me is rather uncomplimentary, but the hand of a genuine author is discernible: penetrating and compassionate."

450.

Everything you do because you are drunk and when you are drunk is shameful. Every single thing.

Everything you do NOT or CANNOT do when you are drunk and because you are drunk is equally shameful. Every single omission and inaction.

Drinking and ALL its consequences are shameful.

451.

Taken to extreme, hedonism is a form of self-mutilation, self-harm, and self-trashing. It has three functions:

1. To counter negative affectivity and moods (depression, anxiety, anhedonia, boredom);

2. To mask and drown overwhelming ego dystonic emotions, such as sadness, guilt, shame; and

3. To restore a sense of “being alive”, of experiencing existence.

452.

The People Pleaser is taught from an early age that what is bad for her is good for others and what is good for others matters most.

When she is bad to herself - she is good for others.

Most important is to be good for others.

So …

Most important is to be bad to herself.

She is a good person only when she is bad to herself.

So, she must be servile, submissive, a mind reader, empathic, self sacrificial, unboundaried, self defeating, or even self destructive to placate others and cater to their needs.

This applies to all genders, of course, men and women alike.

453.

Journaling is a powerful technique but like every other tool, it can be taken too far and become counterproductive, resulting in rumination or even obsession.

Processing the past often feels surreal because it drags us away from the present and renders the future very uncertain.

A past that is not fully processed creates anxiety about the future (fear of repeating past mistakes, for example).

It can also generate dreaded self-directed aggression (depression and anxiety).

For example:

While assuming responsibility for mistakes made - at the same time, you may be furious that you could have avoided them or not repeated them.

Dissociation is an attempt to protect you from the psychological consequences of your actions.

Sometimes, we should just let bygones be bygones.

454.

Extreme weakness of character is indistinguishable from evil.

Unbridled pleasure is often experienced as pain (when a child or a pet witnesses sex).

Exaggerated, possessive love is the identical twin of hate.

Ubiquitous dependence is about unmitigated control via emotional blackmail, neediness, and clinging.

Uncompromising freedom is an addiction, a form of slavery.

Unblemished beauty is repulsive (uncanny valley).

Perfect is harmony is death, entropy: only disorder is meaningful.

Sex with numerous partners is lonely masturbation.

Too much learning is a form of escapist stupidity.

Fun which is too frequent is boring.

As are interminable lists. So, here I stop.

And you are invited to continue these paradoxes of excess in the comments section.

455.

Rooms as metaphors or similes figure large in psychology.

We tell people to imagine their mind as a series of rooms that they visit. We ask them to manipulate the mental "furniture" in these chambers. This simple exercise generates amazing healing dynamics, reduces anxiety, and restores mindfulness.

It is also used as a mnemonic technique: you visualize a palace or a house and place objects, numbers, or words you wish to remember in different rooms. When you revisit these rooms, you recall them.

Finally, rooms have a great significance in the interpretation of dreams.

456.

When we lack self-discipline, self-efficacy is impaired.

Self-efficacy is the ability to secure good outcomes from the human and natural environment.

When it is adversely impacted, the result is generalized anxiety.
The response to this dread of change is to institute rigid control over oneself and others as well as ritualized coping strategies and processes. In extremis, this ossifies into obsession-compulsion.

Personality disorders and primitive psychological defenses are examples of such rigidity: they start off as positive adaptations and end up as straitjackets.

Every new information or behavior is made to fit into this mold, which is how addictions work.

What can you do about it?

1. Identify the constricting rigidity and magical thinking
2. Exit the comfort zone
3. Shift locus of control, develop self-efficacy where it is lacking
4. One day at a time, no grandiose schemes
5. Alternate between addictions until you are addicted to nothing and on one.

Rigid controls often lead to self-trashing.

457.

The two keys to a functional life, even a happy one are Humility and Flexibility. Patience=humility+flexibility.

Believing oneself to be the only criterion for right and wrong, healthy and not heathy is grandiose and grandiosity is the opposite of humility.

Some behaviors are right or wrong, healthy or unhealthy regardless of how we feel about them - and how they make us feel.

Humility is about accepting your limitations, that how you feel about things is only ONE consideration - and NEVER the most important consideration, that you are not omniscient and omnipotent. It is about learning to co-exist with your helplessness, insignificance, ignorance, and fallibility.

Similarly, rigidity, a lack of flexibility is one of the main pillars of grandiosity. It constricts life, confining it to a comfort zone. It also fosters conflicts with others and a host of self-defeating behaviors.

458.

The twin industries of self-help and psychotherapy are founded on the largely false assumption that fundamental personal transformation is always within reach, given sufficient willpower and determination.

This counterfactual bit of self-serving, big bucks generating nonsense is pernicious: it sets up its hapless and unhappy clients for perpetual failure and an inevitable all-pervading sense of guilty inadequacy.

The truth is that we can alter a small number of behaviors efficaciously and permanently - but that's it.

Having passed some critical lifespan milestones, the personality is largely immutable.

Attachment styles, promiscuity, dysfunctional behaviors such as cheating, addictions, repetition compulsion (such as selecting for wrong mates), many post traumatic reactions, and most other psychological features and psychodynamics - are all cast in stone.

459.

There is a difference between strong (healthy) and dysregulated (pathological).

Powerful emotions, strong empathy, a high sex drive are all conducive to self-efficacy, especially in social interactions and interpersonal relationships.

But the dysregulated versions are self-defeating and even self-destructive: overwhelming emotions, hurtful sensitivity to others (HSP), and unboundaried reckless sex all lead to dysfunctions such as a lack of impulse control, hypervigilance, risky behaviors, and antisocial misconduct.

460.

Remorse and regret are irrational in most cases.

If you could not have predicted the consequences of your actions and choices, you could not have acted otherwise.

If you could have predicted them and still acted the way you did or settled on the choices you had made - why the second guessing? You must have been content with the path you had chosen or you would not have embarked on it.

Remorse and regret involve judging the past by the standards and parameters of the present.

But assessing the bygone by current knowledge, preferences, priorities, urges, wishes, and hopes is inane. These were not available at the time as input into the decision-making process.

People often change so dramatically that any continuity between past and present is merely illusory: we are not the same persons we used to be, we had become literally "someone else".

Regretting someone else's "mistakes" borders on the psychotic.

461.

The twin arts of critical thinking and argument are all but extinct. In this age of truthiness, even facts are malleable and relativized.

There are three types of statements:

1. Facts. These are open to refutation by debunking counterfactual claims.

Example: "You did time for grand fraud". It is either true or false, based on court records and the like;

2. Evidence-based opinion is open to modification and reversal by presenting countervailing information.

Example: "I think that you are a shady character who prevaricates" can be countermanded by presenting proofs of truthtelling or a preponderance of data demonstrating consistent veracity and authenticity;

3. Predilections, prejudices, conspiracy theories, and biases cannot be altered. No amount of arguing and no quantity of proofs can or will change the mind of such an interlocutor whose psychological needs are catered to by such cognitive distortions.

Example: "Fraudsters like you are running the world" or "I get a bad vibe from you and you turn me off because of my intuition about your murky character."

462.

The same sequence of actions can bear fundamentally different or even mutually exclusive meanings.

A one night stand with a stranger, never mind how torrid, never feels the same like the sex acts with a loved one, never mind how staid.

Some churchgoers mumble their perfunctory way through the prayers, in a hurry to return to the hustle and bustle of daily life. Others utter the very same words and undergo a transcendental mystical experience.

A gourmand indulges in the very same food in a way the rest of us do not. In a romantic candlelit dinner, the same dish tastes different to the way it felt in a business brunch.

A kiss or a hug can convey lust or pity or compassion or gratitude or any of a number of emotions.

What matters is not what people do - but how they experience their actions.

463.

To some, the New Normal is a horror how. To others it is, well, Normal. Which camp are you in?

Megan Fox, The Fringe podcast from New York.

464.

Modern psychology is permeated by concepts and constructs of dubious provenance and even less impressive evidence.

Consider, for example, the individual, personality, the self. All useful literary metaphors - but not science by any extension of the word.

Similarly, that we have a core identity is taken for granted. Identity diffusion and identity disturbance are perceived as real.

But, like the internet, the brain is a distributed network: decentralized and with built-in redundancies. Why would our brain-based psychology be any different?

A far more realistic model of consciousness and mind would revolve around a cloud of self-states with permeable partitions which allow for frequent exchanges of information, emotions, and cognitions, probably organized in scheme-like lattices.

And, yes, this is me in the photo, age 2 (pudgy palm resting on my young mother's shoulder).

465.

Many processes, traits, and behaviors are mistaken for shyness. Among them: paranoid ideation, anticipatory anxiety, dysregulated emotions, depression, body dysmorphia, strong inhibitions, passive aggression, fear of intimacy.

466.

We are all profoundly unhappy and a growing minority of us are clinically mentally ill. This astounding outcome of human history can be traced back to four pernicious wrong turns: agriculture, urbanization, growth orientation, and the adversarial organizational principle.

Agricultural was the harbinger and antecedent of the rape of Earth (think ploughing). Using sheer muscle power, Man harnessed natural resources unsustainably.

Climate change is a direct consequence of agriculture.

Agriculture created surplus produce and freed the majority of the population from hitherto communal hunting and gathering. It gave rise to an addiction to economic growth as an overriding value - and consumerism and economics as its ethos-inculcating tools.

Agriculture also led to the emergence of the patriarchy, slavery, and cities - three unnatural arrangements with grave social and psychological outcomes.

Finally, as a species we had opted for conflict rather than harmony and justice. We conjured up adversarial, combative systems and conflict-based science to back them up (think evolution or free market economics).

467.

If we don't dump the death cult that is Western "civilization", we are doomed as a species.

468.

Having a memory is not a necessary nor a sufficient condition for possessing a self-identity. Watch No Identity Without Memory.

It would seem that we accept that someone has a self-identity if:

(a) He has the same hardware as we do (notably, a brain) and, by implication, the same software as we do (an all-pervasive, omnipresent self-identity) and

(b) He communicates his humanly recognizable and comprehensible inner world to us and manipulates his environment.

We accept that he has a specific (i.e., the same continuous) self-identity if

(c) He shows consistent intentional (i.e., willed) patterns ("memory") in doing (b) for a long period of time.

It seems that we accept that we have a specific self-identity (i.e., we are self-conscious of a specific identity) if

(a) We discern (usually through memory and introspection) long term consistent intentional (i.e., willed) patterns ("memory") in our manipulation ("relating to") of our environment and

(b) Others accept that we have a specific self-identity.

469.

Emotions are composites, often confused with moods, states of mind, and cognitions. They are often mislabeled or misinterpreted. Consider, for example, shyness.

470.

Ancient Bedouin wisdom applied to resolve conflicts involving divisions of property and prioritizing.

471.

Did we get it completely wrong? Are we not a social species - but a race of self-sufficient loners? Do we actually much prefer being alone to having to suffer the quirks and intrusions of others? Are intimacy and society merely manipulative myths intended to foster herd mentality? Is solitude the normal baseline state and cities a pathological aberration?

Research by the Institute of Institute of Workplace and Facilities Management, which spoke to 2,000 adults in the UK, found that the majority were frustrated by the return to office life after 14 months of self-isolation.

The respondents deplored background human noises, having to share a desk with a co-worker, and inadequate video conferencing facilities (to avoid face to face contact).

The survey found that half - and an overwhelming majority of the young - believed that they were more productive working from home, all on their own, with minimal human interaction. They resented bitterly the need to exit their schizoid cocoons and face other people.

Even dating and sex have almost vanished in the past 20 years (see the work of Lisa Wade, Jean Twenge, and others).

We are increasingly avoiding each other, ensconced in digital impregnable castles and enmoored in compensatory fantasies. And we seem to prefer it this way!

472.

Is the Universe a quantum computer where all functions are solved? How is measurement affecting reality and is the continuum just a useful abstraction?

473.

The more money we make, the less we appreciate its relative, respective, and proportional value to others. With very few exceptions, rich people, no matter how stingy, seem to lose touch with the pecuniary reality of the "99%" of the population who are poor(er). Indeed, to the wealthy, money is not a store of value as much as a token which allows them to participate in economic and non-economic games.

I call this process of desensitization to the value of money "personal inflation" because, precisely like "classic" inflation, as far as these affluent persons are concerned, it thwarts the price signal and distorts the efficient allocation of economic resources. It also misinforms their decisions and adversely affects their motivation to work, save, and invest.

On my Vaknin Musings YouTube channel.

474.

Hate is often confused with love because it produces the same bonding/attachment to its subjects. The transition from love to hatred is seamless and imperceptible. The two emotions often cohabit (ambivalence which is a form of dissonance).

Such conflation is especially pronounced in mental health disorders that involve object inconstancy, persecutory objects, dysregulation, and abandonment anxiety. In these, the wish to subsume the intimate partner, merge or fuse with him is felt as a wish to destroy an object that is, at times, frustrating.

Consequently, hate is sometimes mistaken for love and vice versa.

This is especially true when certain defense mechanisms - such as projection, reaction formation, splitting, projective identification - are at work and reframe reality.

475.

Not strictly a defense mechanism, ambivalence (for example: loving and hating the same person) still exhibits many of the hallmarks of one.

476.

From a new book I am writing, "The Goldfish Way":

"These are the three mistakes that we all commit when we search for meaning in life:

1. Never choose the path. Let the path choose you.

2. We have all the answers we need all the time. What we lack is the ability to identify them as answers.

3. It is wrong to seek the correct answers. One should focus on the right questions. Getting the questions right yields the answers which are correct for you."

477.

The twin concepts of "original" and "author" are less than a millennium old and are artifacts of the rise of private property-based economies.

From 65,000 years ago until the 12 century, art was a collective effort and works of art were communal palimpsests and endeavors carried out by multiple generations.

Crowdsourcing on the Internet (think Wikipedia) is therefore a throwback to traditions which characterized almost the entirety of human existence.

478.

Unlike anti-vaxxing, vaccine hesitancy is legitimate but beware: information is not knowledge, critical thinking and misinformation, research is not hoarding. Virulent confluence of conspiracy theories and victimhood movements.

Conspiracy theorists such as anti-vaxxers are mentally ill: conspiracism and pareidolia, paranoid ideation, anxiety, depression, Delusionality and impaired reality testing, grandiosity and anti-intellectualism (truthiness, anti-expertise, malignant egalitarianism, sacred body), contumacious defiance.

Fear to speak out against anti-vaxxers: political correctness/woke, hijacking of activism by narcissists and psychopaths.

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479.

Closure prevents moving on from trauma and abuse and retards personal growth.

480.

On my way to Sharm El Sheikh in Egypt: the breathtaking Istanbul Airport on transit in Turkey and the airport in the Red Sea resort town of Sharm El Sheikh. Arrived at the Savoy Sharm El Sheikh Hotel in Soho Square at 4 AM. Slept 3 hours. Then a great breakfast. I recommend my career to all of you!

481.

We use friends and intimate partners to "calibrate" ourselves, to gain orientation, regulate and modulate our emotions, moods, and cognition, to position ourselves, feel secure about who we are and about our place among others (and how they view us).

When we are socially isolated, we have no bases for comparison and "calibration". It makes us feel suspicious, disoriented, dislocated, even depersonalized and derealized (dissociative).

These are very common ("normal") reactions to an abnormal situation: minimal social contact and social aversion (intensely disliking the society you are in).

482.

We become that which we hate.

We become that which we fear.

We hate and fear what we become.

We become our hate and fear.

483.

Reputational costs spread virally. Word of mouth - often enhanced by communication technologies - disseminates and generates adverse consequences for the stigmatized, socially aberrant individual.

But another, potentially more powerful vector is socialization.

We internalize social mores and conventions. This process of introjection - egged on by society's agents - modifies our behaviors so as to conform to society's expectations and "verdict".

But this conditioning can easily turn the other way: if everyone expects us to behave badly and to fail ourselves - we invariably do.

Even when the information about our misbehavior is not available - our misconduct and demeanor betray us to others and we act promiscuously, antisocially, recklessly, or selfishly.

484.

The better I get to know the younger generations, the dimmer my view of them becomes. Consider, for example, their extreme pettiness.

They split bills. They go Dutch. They calculate every last morsel as they aggressively quarrel over

who should pay what. Even in dates. Even among “friends”. Even in couples. Even after or before casual sex.

Similarly, they tally the number of orgasms and become indignant if they come short. Aggressive entitlement coupled with solipsistic self-centredness permeate and pervade the masturbatory acts that pass for sex among the young.

485.

You can see the Big Picture only from the top and at a distance. This is called a “synoptic view”.

The details are not lost as a structure emerges, an organizing principle which imbues reality with both meaning and direction.

(Balcony of the suite in Dolder Grand hotel, Zurich).

486.

We often confuse dreams with fantasies or experience with habits.

Dreams are a form of planning and result in actions within an appropriately grasped reality.

Fantasies drive us away from a hurtful world and never bear operational consequences.

Fantasies are rigid, immutable, and exclusionary. Dreams are flexible, changeable, reactive, and inclusive.

Dreams are wide open gates. Fantasies are filters or membranes, boundaried by a confirmation bias.

Very little in our experience is replicable. History never repeats itself. On the rare occasions that it does, we form habits which guide us in the future.

487.

In Edgar Allen Poe’s story “The Purloined Letter” detectives fail to find an epistle “hidden” in plain sight.

Why do we always fail to spot the obvious? For two reasons.

1. It can’t possibly be the truth! It is so obvious and simple that someone would have figured it out long before!

2. It is humiliating to admit that we had been overlooking the only elephant in an otherwise empty room!

488.

Medicine is the only field where negative results are positive news.

489.

Blame our environmental global calamity on the pernicious narratives of the Bible. Man, say the Holy Scriptures is the Master of Nature and his duty is to subjugate and exploit it without regards for the consequences.

Throughout human history the mass psychogenic illnesses known as “religions” have castigated any attempt to connect with nature as pagan idolatry.

From Ancient Greece and Rome to the Renaissance to current day environmentalists, religion is pitted in a battle royal against the human body, animal forms, and the husbandry of natural resources.

No wonder that there is a high correlation between faith and the denial of natural realities such as climate change and COVID-19.

490.

Homo sapiens is the only organism that sacrifices its life in order to defend fictitious narrative spaces.

Mankind creates artificial symbolic sets and then inhabits them. The semiotics of such realms is what humans call "meaning".

When these kingdoms of the mind are exposed to ruinous external shocks (like pandemics or wars), all meaning is lost. Anomie sets in and leads to suicide, mental or physical.

As a species, we confuse complexity with much desired meaningfulness. So, we tend to create systems which are convoluted and thereby intrinsically unstable.

As individuals we tend to inauthenticity by assuming complex social external roles that are incommensurate with our internal, genuine voices. This also leads to instability and dysfunction.

491.

There are four tiers of values with differing validity and strength. We tend to conflate them and this confusion often results in almighty adversity.

The weakest norms are culture-bound and usually in flux: they vary across different societies and periods in history. Condemning promiscuity and exhibitionism is an example.

Some values are situational. Thou shalt not kill is suspended in battle, euthanasia, self-defense, and in a host of other circumstances.

The strongest values are universal and immutable. It is hard to think of any justification for incest, pedophilia, or bedding your best friend's wife.

Evidence-based values and norms are arguably even more potent.

We know that sexual-self trashing has severe long-term consequences on mental health and intimate relationships. So does alcoholism.

So, castigating these practices is justified if we accept that self-destructiveness is a bad kind of choice (which, of course, is, in itself, open to debate).

492.

Therapists have an impossible task.

They help their clients to gain insight (=face the truth).

But these clients need therapy in the first place because they deny the truth and HATE it.

It is dangerous for both therapist and client when the therapist assumes the roles of savior, rescuer, or even educator or parent (countertransference).

More here: https://samvak.tripod.com/abusefamily24.html

493.

Sometimes self-destruction is beneficial. When the structure is decrepit, you need to erase it to the ground in order to rebuild.

494.

Healthy people regulate their affect (emotions) and moods internally. It is as if they had a gyroscope that keeps them rotating around a center of personal gravity, a homeostatic equilibrium.

Mental health disorders such as cluster B and dependent personality disorders involve three types of external regulation:

1. Somatic

Using the body - especially unboundaried and indiscriminate sex - to restore and maintain self-esteem;

2. Cerebral

Using the mind to obtain narcissistic supply in order to stabilize a volatile or fluctuating sense of self-worth; and

3. Outsourced or vicarious

When intimate partners or other significant figures (such as role models or celebrities) are leveraged to provide ego functions such as reality testing, impulse control, emotional regulation, judgment, object relations, cognitive processes, defense mechanisms, and synthetic function.

495.

Climate anxiety is a new mental health phenomenon: a debilitating dread, especially among the young, of an oncoming climate change apocalypse.

Oddly, the very same youth seem to be utterly unperturbed by another already unfolding global calamity of a magnitude which easily rivals the climate catastrophe: the inter-gender estrangement.

Young men and women are utterly at ease with avoiding each other (except for a few bouts of lousy sex in sporadic drunk hookups).

These very anxious youngsters prize solitary activities and espouse atomizing self-sufficiency and "empowerment": sexually objectifying oneself and others.

All forms of relationships - dating, sex, marriage, long-term liaisons - are down by high double digit figures.

Yet, the young don't care. They are narcissistic and solipsistic. They need fresh air and clean water to survive and play their interminable video games - but they no longer need each other.

496.

Don't ask yourself: "Are my actions right or wrong?" People disagree on what is right and what is not.

Ask yourself: "Am I harming and hurting others with my choices and behaviors?" If you are - cease and desist.

Ask yourself:"Am I harming or hurting myself with my choices and behaviors?" If you are - cease and desist.

Do your research, do not assume that you know what is best for you because you often don't and you may well be self-defeating and self-destructive.

Respect yourself.

Protect yourself.

Love yourself.

You are all you've got.

497.

Body autonomy is a pivotal value. Your body belongs to you and to no one else but you: not to your spouse, not to society, not even to your country.

You can do with your body as you please and as you see fit.

The only exception is: do no harm. Do not hurt other people in any way. If you do, you should be restrained and punished.

What about choosing to hurt yourself? Is that an inseparable part of body autonomy?

No, it is not. When you harm and hurt and mutilate yourself in any way, you end up imposing psychological and economic costs on society at large and on others like your loved ones.

498.

Almost half the adult population in the USA are singles who have never been in a long-term committed relationship, including cohabitation.

Other parts of the world are getting there. Contemporary singles are likely to end their lives this way.

Atomization, malignant individualism, and technological self-sufficiency conspire to render us irremediably lonely.

The solitude of singles adversely affects their income and health, both mental and physical.

These shocking data reflect terminal deficiencies in the skillset required in order to maintain intimacy and relationships.

Decades of casual sex and placing career above love hardwired our neuroplastic brain to shun both.

But what are these missing skills? The ability to compromise, set boundaries, be vulnerable, tolerate frustration, give space, trust, and cooperate.

In short: everything that the narcissists and psychopaths we are all becoming are bad at.

499.

We misattribute the most likely motivations to our actions and to other people's choices and behaviors (an element of attribution error or bias). Often, the picture is much more complex and involves layers upon layers of occult reasons and causes. Three examples:

1. Toxic relationships

Sometimes people remain trapped for decades in toxic relationships not because they pity or love the partner but because they seek to continue to punish their mates for past transgressions, real, perceived, or imagined.

2. Sunk costs

People make new decisions or persevere with old ones because they had already invested resources, however minimally, in a course of action. Any investment yields commitment, regardless of outcomes.

3. Celibacy

Some narcissists opt for lifelong celibacy because they are incapable of either sustaining a sexually active long-term relationship or of having casual sex (which undermines their sense of uniqueness).

500.

Love is the opposite of self-sacrifice.

Love is the antonym of dependency.

Love and self-destructiveness are mutually exclusive.

If your loved one demands or expects any of the above - UNlove them in a hurry.

Loving another person is first and foremost an act of self-love.

501.

Some high functioning patients compartmentalize their mental illness: an accomplished professional by day prostitutes herself intoxicated by night; a beloved medical doctor turns pedophile after working hours; a respected politician burgles homes by moonlight.

Their mental illness functions like a pressure valve, a dysregulated and unboundaried release of anxiety, depression, antisocial impulses and other derangements.

Forgive these people, don't rage or mourn what could have been. Don't let their accomplishments and standing in society mislead you: there is nobody home, they know not what they are doing, they are spiralling out of control, threatening to take you with them.

Do not try to make sense of the choices and actions of such poor miscreants and misfits - for there is none. Just move on with your life and forget them.

Remember: you are under no obligation to sacrifice yourself and to love the mentally ill. Your remote

sympathy and pity are sufficient offerings.

Safeguard your life and sanity, stay away, and remove such people from your life posthaste, regardless of how agonizing such a breakup may be to you. No contact.

Do not be a rescuer or savior or fixer - lest you end up being in need of rescuing, saving, and fixing.

502.

Love is not the same as infatuation or limerence. Love thrives on trust and respect.

If you love someone but cannot trust and respect them - walk away. The longer you stay, the more profound the heartbreak.

503.

Weak people terrify me. Weakness of character is indistinguishable from evil. The weak are suggestible, malleable, mutable and, therefore highly unstable, unreliable, and untrustworthy.

People pleasing and an inability to say "no" even to the most degrading offers and demands lead the weak to reckless, disgraceful, and antisocial acts. They are enablers in the worst sense of the word: aid and abet the self-destructiveness of others.

Gradually, to survive their wracking guilt, shame, and self-loathing, they evolve into narcissists and psychopaths. They mistake defiance for boundaried assertiveness.

They betray their loved ones and breach their own fragile and permeable boundaries time and again just in order to fit in and be "liked" or to counter loneliness and boredom.

Many weak folks are mentally ill. They suffer from Borderline or Dependent personality disorder, for example. But others have been conditioned by needy and selfish parents to become subservient and self-denying.

Rescuer/savior/fixer types are attracted to weak mates. They crave the omnipotence that comes with the territory, but also the drama: ups and downs, pain, sweet reconciliations after tumultuous fights, intermittent reinforcement, and trauma bonding.

Some intimate partners of the weak mistake the people pleaser for the empathic, kind, loving, and altruistic sort. They are in for a rude awakening as s/he pivots and cheats or lies or betrays just in order to gain the approval and continued presence of others.

Many weak people also provoke abuse, stray compulsively, prevaricate habitually, abuse substances, engage in extreme sexual self-trashing, and act recklessly - all forms of self-harming.

504.

Addicts think that their addictions are defined by the frequency of their dysfunctional behaviors.

They say: "I can't be an alcoholic! I haven't touched a drink in a year!" or "How can you say that I am a sex addict? My libido (drive) is so low that I hadn't dated anyone for months now!"

But addiction has nothing to do with how often one misbehaves or becomes self-destructive.

Addiction is about the obsessive-compulsive nature of the actions of the addict when he does act out

his addiction: the craving, impulsivity, recklessness, and the resulting ego dystony (shame, guilt, discomfort, embarrassment).

505.

We are beings made of dreams and of memories. They are all we have. They are all we are.

And when we are gone, they are all we leave behind.

So, we should generate as many of both as we can before it is too late and we are over.

506.

As old men typically do, I have been observing the younger generations with growing horror, alarm, and disaffection.

Some of my negativity is amply substantiated by multiple studies. The rest is anecdotal based on my daily contact with hundreds of youth in 40 different countries.

I noticed, for example, the profound lack of curiosity about others and about the world.

Navel gazing combines with "cool" superficiality to yield shallow surface communication which amounts to staccatoed meaninglessness.

Ask any personal or deep question of the young and they cast you as either derisive or offensive ("digging").

Conversations - even between ostensibly intimate partners - are extinct, having been totally replaced by video games, brainless social media posts, and other dumbing pursuits.

It is a binary state, devoid of nuances and subtleties: I feel bad ("awkward") – I feel good.

This profound breakdown in interactions results in an incapacity to maintain intimacy or relationships.

Everything - from sex to learning - is casual and random. The young invest the bare minimum in their rote learning in order to eke out a living in our dystopian world. Having acquired a degree or a skill, they suspend all thinking and involvement and turn into glazed-eye zombies.

507.

Modern psychology has discarded the cumulative wisdom of 100 years in its misguided attempt to become a natural science, like physics.

Part 1 of Interview with Sandy Ghazal Ansari, New Center for Psychoanalysis, LA. Ansari is a lay psychoanalyst practicing under Educational Therapy where she works with children on the Autism Spectrum, with gifted children, and with adults on their academic stressors.

508.

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Listen to this IF YOU DARE! A shocking NEW VIEW of Narcissists and Narcissism.

Part 2 of Interview with Sandy Ghazal Ansari, New Center for Psychoanalysis, LA. Ansari is a lay psychoanalyst practicing under Educational Therapy where she works with children on the Autism Spectrum, with gifted children, and with adults on their academic stressors.

509.

The issue of abortion is emotionally loaded and this often makes for poor, not thoroughly thought out arguments. The questions: "Is abortion immoral" and "Is abortion a murder" are often confused. The pregnancy (and the resulting fetus) are discussed in terms normally reserved to natural catastrophes (force majeure). At times, the embryo is compared to cancer, a thief, or an invader: after all, they are both growths, clusters of cells. The difference, of course, is that no one contracts cancer willingly (except, to some extent, smokers -–but, then they gamble, not contract).

When a woman engages in voluntary sex, does not use contraceptives and gets pregnant – one can say that she had signed a contract with her fetus. A contract entails the demonstrated existence of a reasonably (and reasonable) free will. If the fulfilment of the obligations in a contract between individuals could be life-threatening – it is fair and safe to assume that no rational free will was involved. No reasonable person would sign or enter such a contract with another person (though most people would sign such contracts with society).

510.

People comfort themselves: “This is merely a transitional period, things will settle down soon”. But, of course, it is not and they won’t.

The Middle Ages had lasted 1000 years and they constituted a total breakdown of civilization. We are on the precipice of a new such phase.

How can we tell the difference between transition and disintegration?

Transitions engender a ferment of new ideas and paradigm shifts. Breakdowns involve the impoverishment of both culture and the individual’s inner experience. Human relationships fall apart on every level. Narcissism, psychopathy, and other forms of mental illness go off the charts.

The backlash is comprised of regressive, totalitarian, and rigid doctrines enforced by total institutions. The former social polarization and conflicts are suppressed and supplanted with homogenizing authoritarianism.

Populism is another hallmark of dissolution: a contumacious and defiant wave against authority and learning coupled with a rise in wilful, proud ignorance and obscurantism.

Periods of transition are the offspring of science and knowledge. Eras of discomposure are characterized by an abundance of unstructured information and empowering technologies. Creativity is on the wane - replication, imitation, and narcissistic navel-gazing on the ascendance.

Gender roles shift and are often inverted when social institutions and civilization itself crumble. Relations between men and women degenerate into open warfare and abusive exploitation.

Finally, as Tonybee had noted, civilizations decline when multiple natural and manmade calamities

strike and grandiose, self-depleting projects are embarked upon by societies who teeter on the brink of utter dysfunction.

511.

People fail to appreciate the reputational halo effect: their notoriety or celebrity carry out into other, ostensibly unrelated areas of their lives. Breaching social norms and mores carries a lifelong all-pervasive sentence.

Consider the following common exclamations:

“I am a film or football star, so I can discuss geopolitics or medicine.”

“I may be a career criminal, but I am a good father.”

“When I am single, I have no sexual boundaries whatsoever and am highly promiscuous. But when I am in a relationship, I can be trusted to be self-respecting, decent, and boundaried.”

“I lie habitually only to members of my outgroup. With my clan or friends, I am scrupulously honest.”

“I am cheating with you on my spouse, but I will never cheat on you.”

“In sex, I am drunk and self-trashing with my colleagues, but I expect them to respect me at work.”

“I steal only in department stores. You can safely invite me to your home.”

“I have changed numerous jobs, but my marriage to you will last forever.”

“I am scared of flying and heights, but I am a bold decision maker in times of crisis.”

“I am a narcissist, but you can trust me as your guru and guide to proper living.”

512.

No speech act founded on science is hate speech. Wherever the data may lead, we are obligated to go.

If a preponderance of well crafted studies or a meta analysis of such point to a conclusion that it politically incorrect, one has the moral obligation to adhere to the facts, regardless of the prevailing censorship, aka as cancel culture.

Consider, for example these FACTS, substantiated by dozens of studies over decades, worldwide:

1. Casual sex has severe long-term deleterious mental health effects on women only;

2. Victimhood movements are being infiltrated by covert narcissists and secondary psychopaths;

3. Dark triad personality is common among people who engage in sexual self-trashing such as compulsive sexting, group sex, self-porn, or cheating;

4. All people lie all the time and, if they can get away with it, cheat and self-interestedly misallocate resources;

5. Black men commit many more crimes per capita than their white counterparts. Native Americans abuse alcohol way more than any other group;

6. Jews constitute 0.002 of the global population, but 37% of Nobel prize winners;

7. Women and men have the same IQ scores, but not blacks and whites;

8. Women prefer to mate and date “beta” males - even in casual sex. They find “alpha” males repulsive.

513.

We are all depleted and exhausted. The species will die out because of FATIGUE, not any great natural or manmade disaster. We even ran out of desire to procreate.

The core problem is a toxic combo of malignant tolerance, malignant egalitarianism, and moral relativism.

We are left with no standards of how to be a good person and how lead an appropriate life (eudaimonia).

When we perceive our actions to have been the outcomes of akrasia (weak willed misbehavior contrary to our best judgment) and not of phronesis (good judgment, excellence of character, habits conducive to a good life and practical virtue), we experience dissonance.

When we can’t tell the difference - we fall apart into a state of dystopian meltdown.

We no longer apply qualitative or normative tests and criteria to traits and behaviors - only quantitative ones. Anything goes as long as it is not harmful or truly extreme.

This is a suicidal recipe because we have no way of gauging all the deleterious consequences of our actions - and no method to agree on what constitutes “extremes”.

514.

One of the greatest frustrations of the therapist is the inability to induce insight in an otherwise intelligent patient.

Mental illness is often compartmentalized and firewalled from the rest of the personality and immune to reasoning and evidence.

Trying to communicate with such a person regarding his or her disorder is like dealing with two or more individuals, one of whom is obtuse and obdurate to the point of infuriating pseudo-stupidity.

Moreover: the pathology turns the patient’s intelligence against him, leverages this resource to orchestrate the resistance to any healing and personal growth.

515.

Cancel culture is the ineluctable toxic outcome and the thought police of the Whatever culture.

Punitively silencing politically incorrect and dissenting voices by proactively ignoring or blocking their access to social and mass media is driven by rampant conformism gone awry: the hallmark of totalitarianism, according to all scholarship. It often devolves into a sadistic witch hunt.

The Whatever culture rests on two pillars: malignant tolerance (“anything goes”) and moral relativism (“no such thing as absolute values, everything is context-dependent and can be deconstructed”).

Anyone who dares dispute these two pernicious - and utterly counterfactual - assertions is immediately and viciously cancelled. Social media platforms such as Facebook and YouTube actively censor and derank "wayward" creators ("shadowbanning") - myself and @richard.grannon included.

Recent brave studies prove conclusively that victimhood movements which resort to cancel culture are permeated through and through with dark triad activists: narcissists and psychopaths.

In nature, monocultures are much more susceptible to decay and disease. We are seeing proof of that in human societies as well recently.

516.

Humanity's four monumental discoveries over the past 40 years:

1. Relationships and intimacy are very hard work, they suck and should be actively shunned and discouraged (relationship aversion);

2. Children are carbon-based, life-restricting mini-monsters best avoided;

3. Curiosity and learning are for the feeble-minded: study the minimum to make the minimal amount of money required to survive minimally in your cocoon;

4. The joys of technologically-empowered solitude far outweigh anything anyone can ever offer. Casual drunk sex with total strangers and porn can take care of one's unfortunate physiological urges.

517.

Ideological cults involve a switch from full-fledged rationality and bounded rationality to "herd rationality": there is safety in numbers and it makes eminent sense to belong to a like-minded group even if it requires self-defeating behaviors and the suspension of critical thinking.

Cults also induce in their members pseudostupidity: the passive aggressive rejection of data and arguments by repeating formulaic and usually counterfactual slogans or mantras.

Group affiliation soothes persecutory delusions ("we against the world"). Cults leverage the latter to foster the former.

Cults are the reifications of organizing and explanatory (hermeneutic) principles: they imbue reality with meaning and are both prescriptive and proscriptive.

Examples of modern day cults: radical feminism, conspiracy theories, followers of Jordan Peterson and Tony Robbins, the hardcore supporters of Donald Trump, free market fundamentalists, and all religions.

518.

As individualism has metamorphesized into narcissism, the "right to choose" had come to be identified with freedom itself.

But, like everything else in our postmodern reality, freedom of choice had undergone several cancerous transformations ("malignant libertarianism").

For example: it is now used as a way to reframe reality in order to resolve profound cognitive dissonance ("It is my choice to be objectified and abused in hookup sex").

Free choice is extended to self-harm ("I have a right to do with and to my body as I freely elect").

Most worryingly, the freedom to choose is now extended to justify harming others. A most recent example is the anti-vaxxer movement.

519.

Are we social animals or, given the chance at technological self-sufficiency do we reveal our true nature as atomized, schizoid creatures?

Is loneliness - the emotional reaction to being alone - merely a form of social engineering, a culture-bound syndrome?

Do we naturally prefer to be alone in order to maximize the efficient allocation of scarce resources?

Is there a difference between loneliness and aloneness? And are these bad or self-defeating lifestyle choices?

Hopelessness and abuse render self-isolation and no children rational choices.

First, the facts:

North America is the harbinger of global trends, the canary in the mine.

Men and women postpone having committed relationships in order to focus on their studies, careers, having fun, and travelling.

By the time women start to seek intimate partners, men are used to no strings attached sex and solitude: they refuse to commit or to invest.

Almost half the adult population in the USA are singles. About 31% have never been in a long-term committed relationship, including marriage or even cohabitation.

Marriage rates are down by half and about 60% of such unions end in a divorce within a few years (taking into account second and third marriages). Marriage had become just another form of a non-committal medium-term relationship and extradyadic sex is very common (about 40%). Childbirth rates have collapsed.

Friends IRL are also way rarer than before. People spend a lot more time alone and at home, consuming entertainment and consorting with a bewildering assortment of pets.

Sex in all its forms – including casual sex - is on the decline and celibacy or sexless relationships are the norm. There is a marked rise in sex with AI apps, sex dolls, and in the production and consumption of online pornography, including self-pornography.

Telecommuting, flextime, and the pandemic conspired to force us to work from home. The last thread of human contact - the workplace - has been severed.

Other parts of the world are getting there. Contemporary singles are likely to end their lives this way.

Atomization, malignant individualism, and technological self-sufficiency conspire to render us irremediably lonely.

The solitude of singles adversely affects their income and health, both mental and physical.

These shocking data reflect terminal deficiencies in the skillset required in order to maintain intimacy and relationships.

Decades of casual sex and placing career above love hardwired our neuroplastic brain to shun both.

But what are these missing skills? The ability to compromise, set boundaries, be vulnerable, tolerate frustration, give space, trust, and cooperate.

In short: everything that the narcissists and psychopaths we are all becoming are bad at.

Reactions to loneliness

Busyness and routines

Creativity

Magical thinking

Itinerancy

Paracosm (metaverse, multiplayer games)

Imaginary friends (social media)

Relative positioning (social media, video games)

Skill acquisition and self-improvement (self-help)

Conspiracism

Religion and occult

Mental illness (impaired reality testing), including avoidance and withdrawal

Narcissism

520.

This is the age of victimhood. No one takes personal responsibility or agrees to be held accountable. Bad things mysteriously just “happen”. The passive voice is all the rage.

Well, here is some breaking news for you:

You are nothing but the sum of your informed choices and decisions. They define you for good and for life;

There is no going back in time and there is never a second chance. Your present shapes your future inexorably;

You bear full responsibility for the foreseeable outcomes of your informed choices and decisions;

Past behavior is the only infallible prognosticator of future conduct: you WILL relapse into old behavior patterns and habits. It is only a question of time and the right circumstances. Don't trust people to change: they won't;

The world couldn't care less about you. You are on your own, in charge, alone forever. Get a grip. Wake up. Think before you act. Strangers are not kind, they are predators. Don't be their prey.

521.

Breaking news: You must choose between having a career and having a life. You cannot have both. It is a zero sum tradeoff, not a game.

You can either have a meteoric career with a sputtering, dysfunctional private sphere - or a happy, balanced life replete with functional relationships but a mediocre career. Never both.

Relationships require time, patience, resilience, reciprocity, and investment and compete for these scarce resources head on with your career.

Make your choice. Don't believe the self-interested hype out there: you cannot have both.

522.

There is a thin red line between compromise (healthy, necessary, and functional) and self-sacrifice (pathological, self-defeating, and dysfunctional).

How to tell them apart?

Compromise reflects the needs, priorities, and preferences of both parties. Self-sacrifice is always asymmetrical: skewed in favour of the recipient.

Compromise never involves a power play, mind games, or test of allegiance and fealty. Self-sacrifice is often focused precisely on these.

Finally, compromise enhances compatibility, cooperation, and the wellbeing of everyone. Self-sacrifice, being one-sided, produces in the giver or people pleaser bitter resentment, passive aggression, and disillusionment.

523.

It is no coincidence that periods of female sexual liberation (some call it promiscuity or self-objectification) went and still go hand in hand with women's labor participation.

Until recently, women had been earning less than men on an adjusted and aggregate basis. They constituted cheap, qualified labor (and consumers) - but were highly distracted by the demands of hearth and home. It rendered women unreliable laborers.

Employers then and now much prefer women to be single, emotionally unattached, childless, and sexually fulfilled.

Enter the sexual revolution and women's "empowerment": an ideology of self-sufficiency which champions the elevation of career above patriarchal institutions such as marriage and the family and promotes no strings attached, emotion-free, casual sex.

Good for business, if not always for women.

524.

Most abnormal (“crazy”) behaviors are actually normative and common among healthy folk. So, how to tell the difference? I am going to use sex as a useful litmus test.

1. Quantity becomes quality. Repeating some patterns incessantly renders suspect the psychosexuality of the person involved.

Thus: having sex with multiple partners is one thing - having sex with many different strangers or with groups of strangers within a very short period of time is probably indicative of the existence of a problem.

2. Age inappropriate activities usually hark back to mental health issues. Hookups and one night stands on “dates” may be OK in college but they should raise more than one eyebrow if they persist as an exclusive sexual script beyond one’s early twenties;

3. Antisocial behaviors such as serial infidelities, constant lying, or stealing are probably the manifestations of deeper problems;

4. Recklessness, compulsive risk-taking, acting out, substance abuse, and unboundaried novelty-seeking are all artifacts and symptoms of mental health disorders and self-destructiveness.

525.

Choose happiness over dominance (be human, not a lobster);

Choose Meaning over complexity;

Choose fuzziness, incompleteness, imperfection, uncertainty, and unpredictability (in short: choose life) over illusory and fallacious order, structure, rules, and perfection imposed on reality (in short: death);

Choose the path over any destination, the journey over any goal, the process over any outcome, the questions over any answers;

Be an authentic person with a single inner voice, proud of the internal, not the external.

(Lecture dated December 23, 2021 in Ragusa 360, Skopje, North Macedonia, organized by Zoran Vitanov @zoran.vitanov , cinematography Marijan Ognenovski).

Nothingness: Antidote to Narcissism channel

Nothingness playlist on my main YouTube channel.

526.

Return

About the Author

Sam Vaknin (http://samvak.tripod.com) is the author of Malignant Self-Love: Narcissism Revisited and After the Rain - How the West Lost the East, as well as many other books and ebooks about topics in psychology, relationships, philosophy, economics, and international affairs.

He was the Editor-in-Chief of Global Politician and served as a columnist for Central Europe Review, PopMatters, eBookWeb , and Bellaonline, and as a United Press International (UPI) Senior Business Correspondent. He was the editor of mental health and Central East Europe categories in The Open Directory and Suite101.

Visit Sam's Web site at http://www.narcissistic-abuse.com

Work on Narcissism

Sam Vaknin is the author of Malignant Self Love: Narcissism Revisited, the pioneering work about narcissistic abuse, now in its 10th , DSM-V compatible revision

Sam Vaknin's work is quoted in well over 1000 scholarly publications and in over 3000 books (full list here). His Narcissists, Psychopaths, and Abuse YouTube channel and other channels garnered more than 35 million views and 155,000 subscribers.

His Web site "Malignant Self Love - Narcissism Revisited" was, for many years, an Open Directory Cool Site and is a Psych-UK recommended Site.

Sam Vaknin is a professor of psychology, but he is ***not a mental health practitioner,*** though he is certified in psychological counseling techniques by Brainbench.

Sam Vaknin served as the editor of Mental Health Disorders categories in the Open Directory Project and on Mentalhelp.net. He maintains his own Websites about Narcissistic Personality Disorder (NPD) and about relationships with abusive narcissists and psychopaths here and in HealthyPlace.

You can find his work on many other Web sites: Mental Health Matters, Mental Health Sanctuary, Mental Health Today, Kathi's Mental Health Review and others.

Sam Vaknin wrote a column for Bellaonline on Narcissism and Abusive Relationships and was a frequent contributor to Websites such as Self-growth.com and Bizymoms (as an expert on personality disorders).

Sam Vaknin served as the author of the Personality Disorders topic, Narcissistic Personality Disorder topic, the Verbal and Emotional Abuse topic, and the Spousal Abuse and Domestic Violence topic, all four on Suite101. He is the moderator of the Narcissistic Abuse Study List, the Toxic Relationships Study List, and other mailing lists with a total of c. 20,000 members. He also publishes a bi-weekly Abusive Relationships Newsletter.

THE AUTHOR

Shmuel (Sam) Vaknin

Curriculum Vitae

Born in 1961 in Qiryat-Yam, Israel

Served in the Israeli Defence Force (1979-1982) in training and education units

Full proficiency in Hebrew and in English

Education

1970 to 1978

Completed nine semesters in the Technion – Israel Institute of Technology, Haifa

1982 to 1983

Ph.D. in Physics and Philosophy (dissertation: "Time Asymmetry Revisited") – California Miramar University (formerly: Pacific Western University), California, USA

1982 to 1985

Graduate of numerous courses in Finance Theory and International Trading in the UK and USA.

Certified E-Commerce Concepts Analyst by Brainbench

Certified Financial Analyst by Brainbench

Certified in Psychological Counselling Techniques by Brainbench

Business Experience

1979 to 1983

Commentator in Yedioth Aharonot, Ma'ariv, and Bamakhane. Published sci-fi short fiction in Fantasy 2000.

Founder and co-owner of a chain of computerized information kiosks in Tel-Aviv, Israel.

1982 to 1985

Senior positions with the Nessim D. Gaon Group of Companies in Geneva, Paris and New-York (NOGA and APROFIM SA):

– Chief Analyst of Edible Commodities in the Group's Headquarters

– Manager of the Research and Analysis Division

– Manager of the Data Processing Division

– Project Manager of the Nigerian Computerized Census

– Vice President in charge of RND and Advanced Technologies

– Vice President in charge of Sovereign Debt Financing

1985 to 1986

Represented Canadian Venture Capital Funds in Israel

1986 to 1987

General Manager of IPE Ltd. in London. The firm financed international multi-lateral countertrade and leasing transactions.

1988 to 1990

Co-founder and Director of "Mikbats-Tesuah", a portfolio management firm based in Tel-Aviv.

Activities included large-scale portfolio management, underwriting, forex trading and general financial advisory services.

1990 to Present

Freelance consultant to many of Israel's Blue-Chip firms, mainly on issues related to the capital markets in Israel, Canada, the UK and the USA.

Consultant to foreign RND ventures and to Governments on macro-economic matters.

Freelance journalist in various media in the United States.

1990 to 1995

President of the Israel chapter of the Professors World Peace Academy (PWPA) and (briefly) Israel representative of the "Washington Times".

1993 to 1994

Co-owner and Director of many business enterprises:

– The Omega and Energy Air-conditioning Concern

– AVP Financial Consultants

– Handiman Legal Services – Total annual turnover of the group: 10 million USD.

Co-owner, Director and Finance Manager of COSTI Ltd. – Israel's largest computerized information vendor and developer. Raised funds through a series of private placements locally in the USA, Canada and London.

1993 to 1996

Publisher and Editor of a Capital Markets Newsletter distributed by subscription only to dozens of subscribers countrywide.

Tried and incarcerated for 11 months for his role in an attempted takeover of Israel's Agriculture Bank involving securities fraud.

Managed the Internet and International News Department of an Israeli mass media group, "Ha-Tikshoret and Namer".

Assistant in the Law Faculty in Tel-Aviv University (to Prof. S.G. Shoham)

1996 to 1999

Financial consultant to leading businesses in Macedonia, Russia and the Czech Republic.

Economic commentator in "Nova Makedonija", "Dnevnik", "Makedonija Denes", "Izvestia", "Argumenti i Fakti", "The Middle East Times", "The New Presence", "Central Europe Review", and other periodicals, and in the economic programs on various channels of Macedonian Television.

Chief Lecturer in courses in Macedonia organized by the Agency of Privatization, by the Stock Exchange, and by the Ministry of Trade.

1999 to 2002

Economic Advisor to the Government of the Republic of Macedonia and to the Ministry of Finance.

2001 to 2003

Senior Business Correspondent for United Press International (UPI)

2005 to Present

Associate Editor and columnist, Global Politician

Founding Analyst, The Analyst Network

Contributing Writer, The American Chronicle Media Group

Expert, Self-growth and Bizymoms and contributor to Mental Health Matters

2007 to 2008

Columnist and analyst in "Nova Makedonija", "Fokus", and "Kapital" (Macedonian papers and newsweeklies)

2008 to 2011

Member of the Steering Committee for the Advancement of Healthcare in the Republic of Macedonia

Advisor to the Minister of Health of Macedonia

Seminars and lectures on economic issues in various forums in Macedonia

Contributor to CommentVision

2011 to Present

Editor in Chief of Global Politician and Investment Politics

Columnist in Dnevnik and Publika, Fokus, and Nova Makedonija (Macedonia)

Columnist in InfoPlus and Libertas

Member CFACT Board of Advisors

Contributor to Recovering the Self

Columnist in New York Daily Sun

Teaches at CIAPS (Center for International and Advanced Professional Studies)

2017 to Present

Visiting Professor of Psychology in Southern Federal University, Rostov-on-Don, Russia

Web and Journalistic Activities

Author of extensive Web sites in:

– Psychology ("Malignant Self-love: Narcissism Revisited") – an Open Directory Cool Site for 8 years

– Philosophy ("Philosophical Musings")

– Economics and Geopolitics ("World in Conflict and Transition")

Owner of the Narcissistic Abuse Study List, the Toxic Relationships List, and the Abusive Relationships Newsletter (more than 8000 members)

Owner of the Economies in Conflict and Transition Study List and the Links and Factoid Study List

Editor of mental health disorders and Central and Eastern Europe categories in various Web directories (Open Directory, Search Europe, Mentalhelp.net)

Editor of the Personality Disorders, Narcissistic Personality Disorder, the Verbal and Emotional Abuse, and the Spousal (Domestic) Abuse and Violence topics on Suite 101 and contributing author on Bellaonline.

Columnist and commentator in "The New Presence", United Press International (UPI), InternetContent, eBookWeb, PopMatters, Global Politician, The Analyst Network, Conservative Voice, The American Chronicle Media Group, eBookNet.org, and "Central Europe Review".

Publications and Awards

"Managing Investment Portfolios in States of Uncertainty", Limon Publishers, Tel-Aviv, 1988

"The Gambling Industry", Limon Publishers, Tel-Aviv, 1990

"Requesting My Loved One: Short Stories", Miskal-Yedioth Aharonot, Tel-Aviv, 1997

"The Suffering of Being Kafka" (electronic book of Hebrew and English Short Fiction), Prague, 1998-2004

"The Macedonian Economy at a Crossroads – On the Way to a Healthier Economy" (dialogues with Nikola Gruevski), Skopje, 1998

"The Exporter's Pocketbook" Ministry of Trade, Republic of Macedonia, Skopje, 1999

"Malignant Self-love: Narcissism Revisited", Narcissus Publications, Prague and Skopje, 1999-2015

The Narcissism, Psychopathy, and Abuse in Relationships Series (electronic books regarding relationships with abusive narcissists and psychopaths), Prague, 1999-2015

"After the Rain – How the West Lost the East", Narcissus Publications in association with Central Europe Review/CEENMI, Prague and Skopje, 2000

Personality Disorders Revisited (electronic book about personality disorders), Prague, 2007

More than 30 e-books about psychology, international affairs, business and economics, philosophy, short fiction, and reference

Winner of numerous awards, among them Israel's Council of Culture and Art Prize for Maiden Prose (1997), The Rotary Club Award for Social Studies (1976), and the Bilateral Relations Studies Award of the American Embassy in Israel (1978).

Hundreds of professional articles in all fields of finance and economics, and numerous articles dealing with geopolitical and political economic issues, published in both print and Web periodicals in many countries.

Many appearances in the electronic and print media on subjects in psychology, philosophy, and the sciences, and concerning economic matters.

Citations via Google Scholar page:

http://scholar.google.com/citations?user=Yj7C8wOP-10J

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My work in Psychology: Media Kit and Press Room

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Biography and Resume

http://www.narcissistic-abuse.com/cv.html

Be my friend on **Facebook**:

http://www.facebook.com/samvaknin

https://www.facebook.com/narcissismwithvaknin/ **(personal page)**

Subscribe to my **YouTube** channel (620+ videos about narcissists and psychopaths and abuse in relationships):

http://www.youtube.com/samvaknin

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https://www.instagram.com/vakninsamnarcissist/ (archive)

Read my **Blog**:

http://narcissistpsychopathabuse.blogspot.mk

http://narcissistpsychopathabuse.blogspot.com

Subscribe to my **other YouTube channel** (200+ videos about international affairs, economics, and philosophy):

http://www.youtube.com/vakninmusings

You may also join **Malignant Self-love: Narcissism Revisited on Facebook**:

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http://narcissistpsychopath-abuse.tumblr.com/

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Testimonials and Additional Resources

You can read hundreds of Readers' Reviews at the Barnes and Noble, and Amazon Web pages dedicated to "Malignant Self-love" - HERE:

https://www.amazon.com/dp/1983208175 (Amazon US)

https://www.amazon.co.uk/dp/1983208175 (Amazon UK)

Participate in discussions about Abusive Relationships:

http://www.runboard.com/bnarcissisticabuserecovery

http://thepsychopath.freeforums.org/

Abusive Relationships Newsletters

http://groups.google.com/group/narcissisticabuse/

https://groups.google.com/g/narcissistic-personality-disorder

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From the PUBLISHER

"Malignant Self-love: Narcissism Revisited" is now available also from the publisher (more expensive, but includes a bonus pack):
http://www.narcissistic-abuse.com/thebook.html

From AMAZON.COM

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IV. Counselling with Sam Vaknin or Lidija Rangelovska (or both)
http://www.narcissistic-abuse.com/ctcounsel.html

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